

**Recipe Name:** Spaghetti Aglio Olio With Parmesan & Greens Recipe

**Diet Type:**

**Course:** Dinner

**Cuisine:** Italian Recipes

**Quantity:**



## Ingredients

| Ingredient                                          | Quantity |
|-----------------------------------------------------|----------|
| • 400 grams Spaghetti Pasta                         | 4        |
| • 200 grams Spinach - or amaranth leaves            |          |
| • 4 cloves Garlic - finely chopped (big size)       |          |
| • Lemon zest - a pinch                              |          |
| • Salt - to taste                                   |          |
| • 3 tablespoons Extra Virgin Olive Oil - adjustable |          |
| • 1/4 cup Parmesan cheese - grated or powdered      |          |

## Preparation

- To begin Spaghetti Aglio Olio With Parmesan & Greens, cook the spaghetti in boiling water along with salt until it is al dente (firm yet cooked).
- Once the spaghetti is cooked, wash the spaghetti in running water to stop the cooking process.
- Drain the excess.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 420             | 15          | 55        | 24      | 4         | 4         |