

Pimiento Cheese Noodles and Spinach (Serves 2)

	cal
2/3 c. noodles	400
2 tsp olive oil	80
1 bell pepper chopped	24
1/4 c. chopped onion	
1 clove garlic chopped	
4 oz jar of diced pimiento	16
1 tsp white vinegar	
2 slices American cheese	140
1/4 c. cheddar cheese chopped	110
Grated parmesan or romano cheese	
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	770 cal or 385 cal per serving

Chop onion, garlic, and bell pepper. Saute in olive oil until tender, add pimiento, and heat, add white vinegar and keep warm.

Cook noodles in 4-5 cups boiling water for 7 minutes. Drain. Return to saucepan.

Split spinach between two plates/shallow salad bowls.

Add sautéed vegetables and cheeses, stir and heat just enough to melt cheeses. Divide onto spinach and sprinkle with grated parmesan or romano cheese to taste.