TikTok Tomato Feta Pasta
Serves 6, 1 cup each

Ingredients:
- 2 cups grape tomatoes, washed
- 8oz Feta cheese
- ½ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 4 cloves garlic, peeled and chopped
- 1 pound dry pasta, cooked and drained
- 1 teaspoon Italian seasoning

Directions:
1. Wash and dry hands well
2. Preheat oven to 400°F.
3. In a 9X9 oven safe dish place grape tomatoes, garlic, olive oil, salt, pepper, Italian seasonings and toss to coat well.
4. Place block of feta in center of dish.
5. Place dish into the oven for 30 minutes.
6. Put a 4-quart pot of water on stove and turn on high. When water boils add pasta and 1 teaspoon of salt. Stir and cook per box directions.
7. When pasta is done drain in sink and set aside.
8. Remove tomatoes and feta dish from oven and stir together. Add pasta.
9. Serve hot and enjoy.

Nutrition facts: Cal-536, Fat-25gm, Chol-20mg, Sodium- 656mg, Carb-60gm, Fiber-3gm, Pro-18gm
Cost per recipe: $11.68 at Aldi, $1.95 per serving

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Tomato, Feta, Chicken and Spinach Pasta
Serves 6, 2 cups each

Ingredients:
- 4 cups grape tomatoes, washed
- 4 oz feta cheese
- 4 cloves garlic, peeled and chopped
- ¼ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 teaspoon Italian seasoning
- 1 pound dry whole wheat pasta, cooked and drained
- 3 cups spinach, washed
- ½ cup basil, washed and chopped
- 4 cups chicken, cooked and shredded

Directions:
1. Wash and dry hands well
2. Preheat oven to 400°F.
3. In a 13X9 oven safe dish place grape tomatoes, garlic, olive oil, salt, pepper, Italian seasoning and toss to coat.
4. Place feta cheese in the center of the dish.
5. Place dish into oven for 30 minutes.
6. Put a 4-quart pot of water on stove and turn to high. When water boils add pasta and 1 teaspoon of salt. Stir and cook per box directions.
7. When pasta is done drain in sink and set aside.
8. Remove tomatoes and feta dish from oven add basil and spinach and stir together. Add pasta.
9. Serve hot and enjoy.

Nutrition facts: Cal-521, Fat-16gm, Chol-59mg, Sodium-413mg, Carb-63gm, Fiber-11gm, Pro-41gm
Cost per recipe $16.96 at Aldi, $2.82 per serving

Options:
- Try adding red pepper flakes for extra spice.
- Cooked shrimp can be substituted for chicken.
- In place of feta try goat or fresh mozzarella cheese.
- Add olives or your favorite veggies for more variety. Be creative!!