Sardine Spinach Pasta

**Ingredients:**
- 8 ounces whole wheat spaghetti or 1 spaghetti squash
- 2 tins sardines in olive oil (4 oz. each)
- 1 onion
- 2 cloves garlic
- 1/2 teaspoon red pepper flakes
- 4 cups of fresh spinach, kale or other greens (if frozen add 1-10 ounce packages thawed and drained)
- Salt & pepper to taste

**Equipment:**
- Large pot
- Colander or strainer
- Small bowl
- Knife and cutting board
- Large skillet

**Number of Servings:** 4
**Prep Time:** 10 minutes
**Total time:** 30 minutes

**Directions**
1. Cook spaghetti according to directions. If using spaghetti squash, cut squash in half and scrape out seeds. Bake with the cut side down for 30-40 minutes at 375°F. When soft, scrape out squash into a bowl and set aside.
2. Drain oil from sardines into a small bowl. Place 1 teaspoon of oil in a large skillet. Set the drained sardines aside.
3. Peel onion and chop into 1/2 inch pieces. Mince garlic. Rinse spinach or greens well. If leaves are large, chop into smaller pieces.
4. Heat skillet with oil to medium high heat. Add onions and cook until translucent about 3 minutes. Add garlic and stir. Add red pepper flakes and spinach. If pan is dry add a few tablespoons of water.
5. Once spinach is wilted, flake sardines into skillet and cook until heated through. Add salt and pepper to taste.
6. Serve over pasta or spaghetti squash.