Mushroom and Garlic Whole Grain Pasta

Home Recipe

Serves: 8
Prep Time: 10 minutes
Cook Time: 25 Minutes

Ingredients

- 1 pound dried whole grain spaghetti
- 2 tablespoons unsalted butter, divided
- 2 tablespoons of vegetable oil
- 1 pound mushrooms, sliced
- ½ teaspoon black pepper
- 6 cloves garlic, minced
- ¼ teaspoon red pepper flakes
- ½ cup grated parmesan cheese
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley

Nutrients Per ¼ Cup Serving

- Calories 280
- Total Fat 9 g
- Saturated Fat 3 g
- Cholesterol 10 mg
- Sodium 390 mg
- Carbohydrates 44 g
- Dietary Fiber 5 g
- Protein 10 g
- Calcium 79 mg
- Iron 3 mg
- Potassium 641 mg
- Vitamin C 19.09 mg

Cooking Instructions

1) Bring a large pot of salted water to a boil. Add pasta and cook until al dente, 7 to 9 minutes, or according to the package directions.

2) Heat 1 tablespoon of the butter and oil in a large skillet over medium heat until simmering. When the foaming stops, add mushrooms, season with pepper, and sauté until browned and tender, about 10 minutes. Add the garlic, red pepper flakes, and remaining butter and sauté for one more minute.

3) When the pasta is ready, reserve 1 ½ cups of cooking water then drain pasta.

4) Add pasta, reserved cooking water, and cheese to the skillet with the mushrooms. Toss over medium heat until the cheese is melted and sauce thickens, about 2 minutes. Top with parsley.

For More Information
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