

Creamy Wild Mushroom Pasta

Ingredients

1 pound uncooked whole wheat pasta (twist or bow tie)
1 Tbsp butter
12 ounces wild mushroom variety blend
1/2 c diced onion
1 Tbsp minced garlic
1 1/2 tsp salt, divided
1/4 tsp fresh ground black pepper
1/4 cup dry white wine
2/3 c fat free half and half
1/2 cup grated, fresh parmesan cheese
2 Tbsp chopped fresh parsley

Directions

1. Cook pasta according to package directions, without adding salt or fat; drain.
2. Melt butter in large nonstick skillet over medium-high heat. Add mushrooms, onion, garlic, 1 tsp salt and pepper; cook 12 minutes or until liquid evaporates and mushrooms are tender, stirring occasionally.
3. Add wine; cook 2 minutes or until liquid evaporates, stirring occasionally. Remove from heat.
4. Add cooked pasta, half and half, cheese and parsley, tossing to coat. Stir in remaining 1/2 tsp salt.
5. Serve.

Nutrition Information makes 8 servings

Per Serving

Calories: 290
Fat: 6 g
Saturated Fat: 2 g
Cholesterol: 10 mg
Sodium: 610 mg
Carbohydrate: 47 g
Fiber: 6 g
Protein: 12 g



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