Louisiana Harvest of the Month

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

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.

Nutrients Per ⅓ 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

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