Super Mushroom Veggie Pasta

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Serves: 6

1 14.5-ounce box Barilla Plus spaghetti
2 tablespoons olive oil
1 pound white button mushrooms, sliced
1 red bell pepper, diced
1 large onion, diced
1 cup bite-size broccolini pieces
1 pint grape tomatoes
1/2 cup vegetable broth
1/2 cup prepared pesto
1 cup baby spinach leaves
Freshly grated Parmesan (for garnish)

Bring a large saucepan of water to boil and prepare pasta according to package directions.

While water comes to a boil, heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms, red bell pepper and onions and cook, without stirring, for about five minutes or until mushrooms become red-brown on one side. Turn ingredients and cook about five minutes more, until other side is same color. Add broccolini, tomatoes and broth, and then stir in pesto. Bring to a simmer, and then add spinach and cooked pasta.

Transfer to serving bowl and sprinkle with fresh Parmesan.

Nutrition Facts

Serving Size (300g)
Servings Per Container

Amount Per Serving

Calories 450	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 220mg	**9%**
Total Carbohydrate 56g	**19%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 22g	

Vitamin A 35% • Vitamin C 80%
Calcium 20% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Each serving provides: 450 calories, 16g fat (24% Daily Value), 3g saturated fat (17% Daily Value), 7mg cholesterol (2% Daily Value), 217mg sodium (9% Daily Value), 4g dietary fiber (16% Daily Value), 22g protein (44% Daily Value), 80% Daily Value for vitamin C, 61% Daily Value for selenium, 35% Daily Value for vitamin A, 25% Daily Value for iron, 20% Daily Value for calcium, 13% Daily Value for potassium, 3.5% Daily Value for vitamin D