



## Mushroom Taco Mac

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Cooking Time: 12-15 minutes

Serves: 4

Average cost per serving: \$1.60

4 1/2 cups water

1 1/2 cups dried whole grain elbow pasta, enriched (substitute penne or other types of pasta if preferred)

1 tablespoon olive oil

8 ounces white button mushrooms, sliced or quartered

4 teaspoons taco seasoning mix, low sodium (if available)

1/2 cup prepared salsa

1 cup reduced fat cheddar cheese, shredded

Add water to pot and bring to a boil. Add pasta, cook uncovered for 10-13 minutes, or until pasta has reached desired firmness.

While pasta is cooking, heat a sauté pan on medium, add oil and swirl to coat the bottom of pan. Add mushrooms and 2 teaspoons taco seasoning mix, sauté 5 minutes.

When pasta is done, drain water and return to pot. Heat on low while stirring in salsa, mushrooms and remaining 2 teaspoons taco seasoning mix for 2 minutes or less.

Divide into four portions, top each with 1/4 cup of shredded cheese.



Nutrition Facts	
Serving Size (320g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 440</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 550mg</b>	<b>23%</b>
<b>Total Carbohydrate 70g</b>	<b>23%</b>
Dietary Fiber 11g	44%
Sugars 5g	
<b>Protein 20g</b>	
Vitamin A 8%	• Vitamin C 2%
Calcium 45%	• Iron 20%
*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    300mg
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:** 440 calories, 11g fat (17% Daily Value), 4g saturated fat (20% Daily Value), 20mg cholesterol (7% Daily Value), 550mg sodium (23% Daily Value), 11g dietary fiber (44% Daily Value), 20g protein, 8% Daily Value for vitamin A, 20% Daily Value for iron, 2% Daily Value for vitamin C, 45% Daily Value for calcium, 1% Daily Value for vitamin D, 11% Daily Value for potassium, 95% Daily Value for selenium