

Farfalle with Creamy Wild Mushroom Sauce

The exotic mushroom blend, a combination of shiitake, cremini, and oyster mushrooms, is sold in eight-ounce packages. If unavailable, you can use all cremini mushrooms.



Randy Mayor

- 1 pound uncooked farfalle (bow tie pasta)
- 1 tablespoon butter
- 12 ounces presliced exotic mushroom blend
- 1/2 cup chopped onion
- 1/3 cup finely chopped shallots
- 1 tablespoon minced garlic
- 1 1/2 teaspoons salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup dry white wine (*or non-alcoholic white wine, or white grape juice diluted with white wine vinegar*)
- 2/3 cup whipping cream
- 1/2 cup (2 ounces) grated fresh Parmigiano-Reggiano cheese
- 2 tablespoons chopped fresh parsley
- Minced fresh parsley (optional)
- 8 cups cooked whole wheat rotini (about 1 pound uncooked corkscrew pasta)

Directions:

Cook pasta according to package directions, omitting salt and fat; drain.

Melt the butter in a large nonstick skillet over medium-high heat. Add the mushrooms, onion, shallots, garlic, 1 teaspoon salt, and pepper; cook 12 minutes or until liquid evaporates and mushrooms are tender, stirring occasionally. Add wine (*or wine substitute*); cook 2 minutes or until liquid evaporates, stirring occasionally. Remove from heat.

Add the cooked pasta, whipping cream, cheese, and 2 tablespoons parsley, tossing gently to coat. Stir in remaining 1/2 teaspoon salt. Garnish with minced fresh parsley, if desired. Serve immediately.

Yield: 8 servings (serving size: 1 1/4 cups)

Nutrition per serving:

Calories 361 (31% from fat)	Sodium 577 mg
Fat 11.4 g (sat 6.9 g, mono 3.1 g, poly 0.4 g)	Fiber 2.3 g
Protein 12.1 g	Iron 2.3 mg
Cholesterol 36 mg	Carbohydrate 47.5 g
Calcium 124 mg	

From Krista Montgomery, M.S., R.D.
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