

# mushroom penne

**Prep time:** 15 minutes  
**Cook time:** 15 minutes

a mushroom lover's dish that makes a quick and cozy meal at home or an elegant dish for company

- 8 oz** whole-wheat penne pasta
- 2 Tbsp** olive oil
- 8 oz** white mushrooms, rinsed and sliced
- ½ C** onion, thinly sliced
- 1 Tbsp** garlic, minced or pressed (about 2–3 cloves)
- 6 Tbsp** dry red wine
- 1 C** low-sodium chicken broth
- ¼ tsp** salt
- ¼ tsp** ground black pepper
- 1 tsp** dried thyme
- 4 Tbsp** shredded parmesan cheese

- 1** In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2** Add pasta, and cook according to package directions for the shortest recommended time, about 8 minutes.
- 3** While water heats and pasta cooks, warm olive oil in a large nonstick pan over medium heat.
- 4** Chop the mushrooms into bite-sized pieces. Cook the mushrooms in the oil for 5 minutes.
- 5** Meanwhile, slice onion and mince garlic. Add to mushrooms. Cook for 3 minutes, stirring occasionally.
- 6** Add wine. Cook and stir to loosen any flavorful browned bits to mix into the sauce. Stir in chicken broth, salt, pepper, and thyme.
- 7** Drain pasta. Stir into mushroom mixture. Continue simmering mixture until all moisture is absorbed, about 3 minutes.
- 8** Divide into four equal portions (each about 1¼ cups). Top each with 1 tablespoon shredded parmesan cheese.

**Tip:** Pairs beautifully with a fresh green salad.



**yield:**

4 servings

**serving size:**

about 1¼ C pasta

**each serving provides:**

calories	418	total fiber	4 g
total fat	10 g	protein	9 g
saturated fat	2 g	carbohydrates	26 g
cholesterol	6 mg	potassium	70 mg
sodium	436 mg		