

Pasta with a Thick Mushroom Sauce

Sauce

1 tbsp unsalted butter
¼ cup olive oil, preferably extra virgin
1 pound brown mushrooms, preferably Portabello or cremini,
cleaned with a moist paper towel or mushroom brush
2 cloves garlic, sliced
1/8 teaspoon crushed red pepper
1 ½ cups chicken broth
½ chicken bouillon cube
1 ½ tablespoon finely chopped flat leaf parsley
¼ teaspoon salt
1 pound short tubular pasta, such as rigatoni, mezze or
maniche
1 4 cup freshly grated Parmesan cheese, preferably
Parmigiano-Reggiano

1. Sauce– Put butter and oil in a large nonstick skillet. Using the largest holes on a grater, shred mushrooms directly into skillet. Add garlic and crushed pepper.
2. Saute over medium heat until liquid from mushrooms evaporates, about 10 minutes. Add broth and bouillon cube, increase heat to high and cook 10 to 12 minutes for flavors to blend and liquid to reduce somewhat. Remove from heat, stir in parsley and salt. Set aside.
3. While sauce cooks, bring a large pot of lightly salted water to a boil. Add the pasta and cook according to package directions until firm-tender. Drain well and return to pot. Add mushroom sauce and stir over medium heat 1 minute. Remove from heat, add cheese and toss to mix.

Serve immediately

Serves 6. Per serving: 410 calories, 13 g protein, 60 g carbohydrates, 14 g fat, 8 mg cholesterol, 456 mg sodium.
Exchanges: 3 ¾ starch, ¾ vegetable, 2 ½ fat.

Note: Use brown, not white button mushrooms.