

# Mushroom and Spinach Fettuccine

## Recipe of the Month June 2014



Milk and cheese make this dish a calcium packed midday meal.

**Prep Time:** 30 Min

**Start to Finish:** 30 Min

**Makes:** 4 servings (1 1/2 cups each)

### INGREDIENTS

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- 8 oz. uncooked fettuccine
- 3/4 cup roasted garlic-seasoned chicken broth (from 14-oz can)
- 2 packages (6 oz. each) fresh baby button mushrooms, cut in half
- 6 cups loosely packed fresh spinach, chopped
- 1 cup cherry tomatoes, cut in half
- 1 1/2 teaspoons Italian seasoning
- 1/4 cup evaporated fat-free milk (from 12-oz can)
- 1/4 to 1/2 cup finely shredded or shaved Parmesan cheese (1 to 2 oz.)

### DIRECTIONS

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1. Cook and drain fettuccine as directed on package, omitting salt.
2. Meanwhile, in 10-inch skillet, heat 1/4 cup of the broth to boiling over medium-high heat. Add mushrooms; cook, stirring frequently, until almost all liquid is absorbed. Stir in additional 1/4 cup broth. Continue cooking mushrooms 4 to 6 minutes, stirring frequently, until tender.
3. Stir in remaining 1/4 cup broth; heat to boiling. Stir in spinach, tomatoes and Italian seasoning. Cook 1 to 2 minutes, stirring constantly, until spinach is wilted. Stir in evaporated milk just until heated through.
4. Place fettuccine on large platter. Top with spinach mixture and cheese.

**Recipe Provides:** Dairy 1/2c, Grains 2oz-equivalents, Vegetables 2 1/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	330	<b>Calories from Fat:</b>	70
<b>Total Fat:</b>	8 g	<b>Saturated Fat:</b>	3 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	55 mg	<b>Sodium:</b>	490 mg	<b>Total Carbohydrate:</b>	46 g
<b>Dietary Fiber:</b>	4 g	<b>Sugars:</b>	6 g	<b>Protein:</b>	18 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)