

Farfalle with Mushrooms and Spinach

Ingredients:

- 6 oz. dried farfalle (bow tie pasta)
- 1 tbsp. canola oil
- 1 medium onion, chopped
- 1 cup sliced Portobello
- 2 cloves garlic, minced
- 4 cup thinly sliced fresh spinach
- 1 tsp. fresh thyme, snipped
- 1/8 tsp. ground black pepper
- 2 tbsp. shredded Parmesan cheese



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 3

Amount Per Serving

Calories 300 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 51g **17%**

 Dietary Fiber 5g **20%**

 Sugars 7g

Protein 13g

Vitamin A 70% • Vitamin C 25%

Calcium 15% • Iron 30%

*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



*SOY FREE

Directions:

1. Cook Farfalle according to package directions. Drain well.
2. Meanwhile, in a large skillet, heat oil over medium heat. Add onion, mushrooms, and garlic; cook and stir for 2-3 minutes or until mushrooms are nearly tender.
3. Stir in spinach, thyme, and pepper; cook 1 minute or until heated through and spinach is slightly wilted.
4. Stir in cooked pasta; toss gently to mix. Sprinkle with cheese.