

## **Mushroom Sauce (with cavatappi)**

**SOURCE: AOL COOKING LIGHT**

### **INGREDIENTS:**

1-1/2 C dried porcini mushrooms (about 1-1/2 oz)  
2 tsp olive oil  
1/2 C finely chopped prosciutto (about 2 oz)  
1/2 C finely chopped onion  
4 C sliced cremini or button mushrooms (about 8 oz)  
1/2 tsp grated lemon rind  
1/2 tsp salt  
1/4 tsp black pepper  
2 garlic cloves, minced  
1 C fat-free, less-sodium chicken broth  
3/4 C dry red wine  
1 TBS cornstarch  
1 TBS water  
4 C hot cooked cavatappi (about 2 C uncooked pasta)

### **INSTRUCTIONS:**

1. Combine boiling water and porcini mushrooms in a bowl; cover and let stand 30 minutes. Drain. Rinse and coarsely chop porcini mushrooms.

2. Heat oil in medium skillet over medium-high heat. Add prosciutto - saute 1 minute. Add onion - saute 3 minutes or till tender. Stir in porcini mushrooms, cremini mushrooms + next 4 ingredients (cremini mushrooms through garlic) - cook 4 minutes or till browned, stirring frequently. Stir in broth and wine, scraping pan to loosen browned bits. Bring to boil - cook 3 minutes. Combine cornstarch + 1 TBS water in small bowl. Add cornstarch mixture to pan; bring to boil. Cook 1 minute, stirring constantly. Add pasta, tossing to coat.

**YIELD:** 4 servings (serving size: about 1-1/2 C pasta)

**NUTRITIONAL INFORMATION:** CALORIES 304 (15% from fat); FAT 5.1g (sat 1g, mono 2.6g, poly 1g); PROTEIN 15.4g; CARB 48.9g; FIBER 4.6g; CHOL 8mg; IRON 4.9mg; SODIUM 627mg; CALC 24mg