

Mushroom Linguine

SOURCE: Sunset.com

PREP AND COOK TIME: About 15 minutes

INGREDIENTS:

8 oz **dried linguine**

1 C fat-skimmed **chicken broth** OR vegetable broth

1/3 C **whipping cream**

Sautéed mushrooms (see recipe)

2 TBS chopped **parsley**

Salt + pepper

Finely shredded **Parmesan cheese**

DIRECTIONS:

1. In 5-6-qt pan over high heat, bring 3 qts water to boil - add linguine - stir/cook till barely tender to bite (7-9 minutes) - drain.

2. Add broth + whipping cream to sautéed mushrooms in pan over high heat - stir till mixture is boiling - add drained pasta - stir till hot - pour onto platter or dinner plates. Garnish pasta with parsley - add salt, pepper + shredded Parmesan cheese to taste.

MAKES: 4 servings

Per serving: 374 cal., 34% (126 cal.) from fat; 12 g protein; 14 g fat (4.9 g sat.); 50 g carbo (2.9 g fiber); 36 mg sodium; 22 mg chol