



Mushroom & Spinach Pasta (4 Servings)

5-minute prep
10-minute cook

Calories – 440

Protein – 22 grams

Fat – 21 grams (98% coming from Olive Oil & Pine Nuts – good fat!)

Carbohydrates – 30 grams

Ingredients:

- Protein Pasta (Carba-Nada® - 14oz)
- 3 tbsp Olive Oil
- 1 Onion – chopped
- 3 Cloves Minced Garlic
- 14 oz Mushrooms
- 10.5 oz Fresh Spinach
- ½ cup Vegetable Broth
- 1-2 tbsp soy sauce
- 2 tsp lime juice
- Salt & Pepper to taste
- Parsley – chopped

Topping:

- pinch of Smoked Paprika (optional)
- 5 tbsp Pine Nuts
- Parmesan (optional)

Instructions:

1. Cook the pasta according to package directions until al-dente, set aside
2. Toast the pine nuts in a small pan – set aside
3. Heat olive oil in large skillet – add mushrooms & onion, sauté until lightly brown +/- 3min
4. Add garlic – cook for 30 more seconds – deglaze with soy sauce and vegetable broth
5. Reduce heat and cook for 1-2 minutes
6. Add spinach and cook until wilted, add salt, pepper and lime juice
7. Add drained pasta to mushrooms – toss to combine, add parmesan (optional) 8. Add toasted pine nuts and serve warm