

## **EASY PASTA WITH MUSHROOMS AND SPINACH**

This recipe is a quick and easy fix for a weeknight. It requires no fancy knife skills and takes 15 minutes, max. You can use any type of pasta, including gluten free and any kind of mushroom. The more mushrooms, the merrier as they are virtually fat free and pack a nutritional punch including anticancer properties, potassium and three essential B-vitamins: niacin, riboflavin and pantothenic acid. Spinach is a wonderful dark, leafy green that contains lutein, which helps protect your eyes against macular degeneration.

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Serves 4

### **INGREDIENTS:**

- 1 12 oz. package of pasta (your choice) - shells or orecchiette work best
- 1/2 pound mushrooms, sliced in whatever way you choose
- 1 cup spinach leaves, reserve 2 for garnish if you feel like being fancy. Mince or chiffonade.
- 2 medium cloves garlic, minced
- 1 tsp. red pepper flakes
- 1 tsp. nutritional yeast flakes
- salt, to taste
- lemon

### **PROCEDURE:**

1. Make pasta according to package directions.
2. While pasta is cooking, heat skillet over medium heat. Add oil or stock (stock is the lower fat, healthier alternative and will save you 120 calories.)
3. Add mushrooms. Saute until they just start to get soft.
4. Add garlic, red pepper flakes, and nutritional yeast, making sure not to burn the garlic.
5. When garlic is fragrant (about 30 seconds), add spinach and let wilt.
6. When pasta is finished and drained, toss into saute pan with veggie mixture. Add a pinch of salt. Combine everything together.
7. Transfer to bowl, add a little lemon juice and garnish (if you have one)

Shana Robinson is a natural foods chef who lives and works in New York City and the surrounding boroughs. She received her training at the highly acclaimed Natural Gourmet Institute, which also graduated health supportive chefs like Tal Ronnen, Alexandra Jamieson and Bethenny Frankel. She's an avid cook and vegan cupcake baker. You can follow her on twitter @ChefShanaRachel and get more healthy recipes and tips at <http://Knifestylesofthefitandfabulous.blogspot.com>.

