

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

SERVINGS: 6

SPICY PORCINI MUSHROOM PASTA



Nutrient Analysis			
PER SERVING: ¼ of recipe			
RENAL EXCHANGE: 1 Meat + 2 Starch +1 Vegetable + 2 Fat			
Calories	308 Kcal	Sodium	124 mg
Protein	11 g	Potassium	265 mg
Total Carbohydrate	31 g	Phosphorus	201 mg
Fiber	2 g	Calcium	164 mg
Sugars	5 g	Iron	2 mg
Fat	16 g	Magnesium	31 mg
Saturated	4 g	Vitamin C	6 mg
Cholesterol	12 mg		

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

SPICY PORCINI MUSHROOM PASTA

INGREDIENTS

1 small package dried porcini mushrooms (1 oz)

½ cup boiling water

½ cup olive oil

2 cloves of garlic, finely chopped

1 pinch of dried hot chili pepper flakes

½ pint of white mushrooms, quartered

¼ teaspoon dried sage or 2 fresh leaves, chopped

½ cup mini boconcini mozzarella cheese

⅓ cup fresh parsley, chopped

½ lb of any dried pasta, (preferably short pasta)



PREPARATION

- 1 Rehydrate the porcini mushrooms with ½ cup boiling water.
- 2 Bring 3 quarts of water to boil for the pasta.
- 3 Meanwhile prepare the sauce by heating the oil over medium heat in a large pan. The pan needs to be large enough to hold the noodles once cooked.
- 4 Add the garlic and hot pepper flakes, cooking them until garlic turns golden.
- 5 Add the white mushrooms, raise the temperature to medium-high and continue to cook.
- 6 Cook pasta in boiling water according to package directions.
- 7 Squeeze the liquid from the porcini, reserving it for the sauce. Chop the porcini and add to the pan.
- 8 Pour the soaking liquid through a fine sieve into the pan.
- 9 Add sage and cook for 5 minutes.
- 10 Drain the pasta (DO NOT RINSE) and toss into the pan with the mushroom sauce while hot. Add boconcini cheese, parsley and serve.

SUGGESTION

- ✓ *Make ahead of time or freeze in portions. Recipe can easily be doubled. Leftovers freeze well. Defrost in fridge overnight, heat adding 2 tablespoons of water and serve.*

Presented by



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