

EatingWell

20-Minute Balsamic Mushroom & Spinach Pasta

This 20-minute veggie pasta dish is super savory, thanks to meaty mushrooms, while the natural sweetness from the balsamic vinegar, basil and pistachios brighten up this quick, healthy vegetarian dinner.

Total: 20 mins**Active:** 20 mins**Servings:** 6

Antonios Achilleos

Ingredients

8 ounces whole-wheat fettuccine or linguine

4 tablespoons extra-virgin olive oil, divided

1 pound cremini mushrooms, sliced (about 6 cups)

1 ½ tablespoons thinly sliced garlic

3 ounces baby spinach (about 3 cups)

3 tablespoons balsamic vinegar

2 teaspoons Worcestershire sauce, preferably vegetarian

¾ teaspoon salt

½ teaspoon ground pepper

¼ cup chopped fresh basil

6 tablespoons chopped roasted unsalted pistachios

Directions

Bring a large pot of water to a boil. Cook pasta according to package directions. Drain, reserving 1/4 cup cooking water.

Meanwhile, heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add mushrooms; cook, stirring occasionally, until well-browned, about 10 minutes. Stir in garlic; cook, stirring constantly, until fragrant, about 30 seconds. Stir in spinach; cook, stirring constantly, until wilted, about 1 minute.

Reduce heat to medium-low; stir in balsamic vinegar, Worcestershire, salt, pepper and the remaining 2 tablespoons oil. Add the pasta and toss to coat. Stir in the reserved 1/4 cup cooking water. Remove from heat. Stir in basil and sprinkle with pistachios.

Nutrition Facts

Serving Size: about 1 cup

Per Serving: 276 calories; fat 14g; sodium 332mg; carbohydrates 35g; dietary fiber 5g; protein 10g; sugars 5g; niacin equivalents 3mg; saturated fat 2g; vitamin a iu 1034IU; potassium 457mg.

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