

WHOLE GRAIN TUSCAN FRESCA RECIPE FOR THE HOME CHEF

Serves 4 -6

Ingredients for Sauce:

- ¼ cup balsamic vinaigrette
- ¾ cup olive oil
- 2 cloves garlic, chopped
- 2 tsp. mustard
- 2 Tb. Italian herb blend
- 2 tsp. salt

Ingredients for dish:

- 1# of whole wheat pasta, cooked
- ½ cup white wine
- 10 oz. tomatoes, diced
- 10 oz. white mushrooms, sliced
- 1 small bag baby spinach
- 4 oz. parmesan or Feta cheese
- 1 bunch parsley, chopped

Preparation:

- Blend all the ingredients for the sauce together and put aside.
- In a sauté pan heat tomatoes and mushrooms in olive oil for about 2 minutes or until softened.
- Add white wine to the pan and reduce till only ¼ the liquid is remaining
- Add sauce to pan and bring to a low simmer.
- Toss in cooked pasta and spinach to coat with sauce.
- Garnish with parmesan or feta cheese.
- Sprinkle parsley over top.

Enjoy!



5 years ago

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