

Balsamic Mushroom Pasta



Makes 4 servings

Active time: **35 minutes**

Total time: **35 minutes**

Course: **Dinner**

This vegan pasta dish is chock-full of earthy mushrooms. A mix of wild mushrooms can elevate the flavors of this easy dish, but simple cremini or button mushrooms work well too. To save on prep time, look for packages of mushrooms that have already been sliced.

Ingredients

- 8 ounces whole-wheat spaghetti
- ¼ cup extra-virgin olive oil
- 1 small onion
- 20 ounces mushrooms
- 3 large cloves of garlic
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- ¾ cup low-sodium vegetable broth
- ½ cup dry white wine
- ¼ cup balsamic vinegar
- 2 tablespoons nutritional yeast
- 2 tablespoons chopped parsley

Preparation

1. Bring a large saucepan of water to a boil. Add spaghetti and cook according to package directions. Drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring, for 2 minutes. Increase heat to medium-high. Working in batches, add mushrooms and cook, stirring, until all the mushrooms have softened and are lightly browned, 8 to 10 minutes. Add garlic, thyme, salt and crushed red pepper to taste; cook, stirring, for 1 minute. Add broth, wine and vinegar; bring to a simmer. Cook, stirring occasionally, until the liquid is reduced by half, about 5 minutes. Add the cooked spaghetti to the pan, tossing to coat. Remove from heat; stir in nutritional yeast and sprinkle with parsley.

Nutrition

Per Serving: 414 calories; 54 g carbohydrates; 16 g fat (2 g sat, g mono); 15 g protein; mg cholesterol; 8 g dietary fiber; 857 mg potassium; 326 mg sodium.

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