Farfalle with Creamy Wild Mushroom Sauce

8 servings (serving size: 1 1/4 cups)

Ingredients

* 1  pound  uncooked farfalle (bow tie pasta)
* 1  tablespoon  butter
* 12  ounces  presliced exotic mushroom blend
* 1/2  cup  chopped onion
* 1/3  cup  finely chopped shallots
* 1  tablespoon  minced garlic
* 1 1/2  teaspoons  salt, divided
* 1/4  teaspoon  freshly ground black pepper
* 1/4  cup  dry white wine
* 2/3  cup  whipping cream
* 1/2  cup  (2 ounces) grated fresh Parmigiano-Reggiano cheese
* 2  tablespoons  chopped fresh parsley
* Minced fresh parsley (optional)

Preparation

Cook pasta according to package directions, omitting salt and fat; drain.

Melt the butter in a large nonstick skillet over medium-high heat. Add the mushrooms, onion, shallots, garlic, 1 teaspoon salt, and pepper; cook 12 minutes or until liquid evaporates and mushrooms are tender, stirring occasionally. Add wine; cook 2 minutes or until liquid evaporates, stirring occasionally. Remove from heat.

Add the cooked pasta, whipping cream, cheese, and 2 tablespoons parsley, tossing gently to coat. Stir in remaining 1/2 teaspoon salt. Garnish with minced fresh parsley, if desired. Serve immediately.

Nutritional Information

Calories:

336 (31% from fat)

Fat:

11.4g (sat 6.9g,mono 3.1g,poly 0.4g)

Protein:

12.1g

Carbohydrate:

47.5g

Fiber:

2.3g

Cholesterol:

36mg

Iron:

2.3mg

Sodium:

577mg

Calcium:

124mg