

Bow Tie Pasta with Peas, Mushrooms and Onions

This recipe serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

3 tablespoons olive oil

1/2 cup chopped onion

salt to taste

freshly ground black pepper

2 cups fresh, shelled peas (When fresh peas are not in season, or when they are not very fresh, substitute frozen peas. Cook until the peas are thoroughly heated.)

2 cups sliced mushrooms

12 ounces penne pasta

1/4 cup freshly grated Parmesan cheese

1/4 cup chopped, fresh Italian parsley

Cooking Instructions

1. Bring a large pot of salted water to a boil.

2. In a medium skillet, heat 2 tablespoons of the olive oil over medium-low heat. Add the onion with a dash of salt and pepper and cook, stirring occasionally, until softened, about 4 to 5 minutes. Add the peas and cook for 3 minutes or longer, depending on their size and freshness. Add the mushrooms and cook for 5 minutes more.

3. Meanwhile, cook the pasta until it is al dente, about 10 to 12 minutes. Drain. Toss with the remaining olive oil, onion, peas, mushrooms, 2 tablespoons of the Parmesan cheese and 2 tablespoons of the parsley.

4. Divide the pasta among 4 warmed pasta bowls and sprinkle with the remaining Parmesan and parsley. Serve immediately.

Nutrition Facts (2000 Calorie Diet)

Serving Size 1 bowl (1/4 recipe)

Amount Per Serving

Calories 366

Total Fat 13 g

Saturated Fat 3 g

Protein 11 g

Total Carbohydrate 51 g

Dietary Fiber 8 g

Sodium 520 mg

Percent Calories from Fat 32%

Percent Calories from Protein 12%

Percent Calories from Carbohydrate 55%

Diabetic Exchanges

Starches/Carbohydrates 3.5

Fat 2.5

Protein 1.5

