

Tomato Mushroom Penne with Herbs

EASY | RECIPE

Ingredients:

- 1 tbsp olive oil
- 2 cups fresh mushrooms, sliced
- 3 tbsp shallots, chopped
- 2 cups ripe cherry tomatoes, halved
- ½ cup low-sodium chicken broth
- 1 tbsp fresh oregano, chopped (or 1 tsp dried)
- 1 tbsp fresh basil, chopped (or 1 tsp dried)
- ½ lb whole-grain penne pasta

1. In a medium skillet, heat oil over medium temp. Sauté mushrooms and shallots 3-4 minutes; add tomatoes and sauté another 5-6 minutes, until vegetables are soft.
2. Stir in broth, reduce heat and simmer 15 minutes; in the last 2 minutes, stir in herbs.
3. Meanwhile, cook pasta as directed. Spoon sauce over pasta and serve.



Makes 3 (2-cup) servings. Per serving:

282 calories | 15g protein | 7g total fat | 1g sat fat | 3g mono fat | .5g poly fat | 0mg cholesterol | 50g carbohydrates | 6g sugar | 6g fiber | 48mg sodium

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