No Meat Pasta Dish

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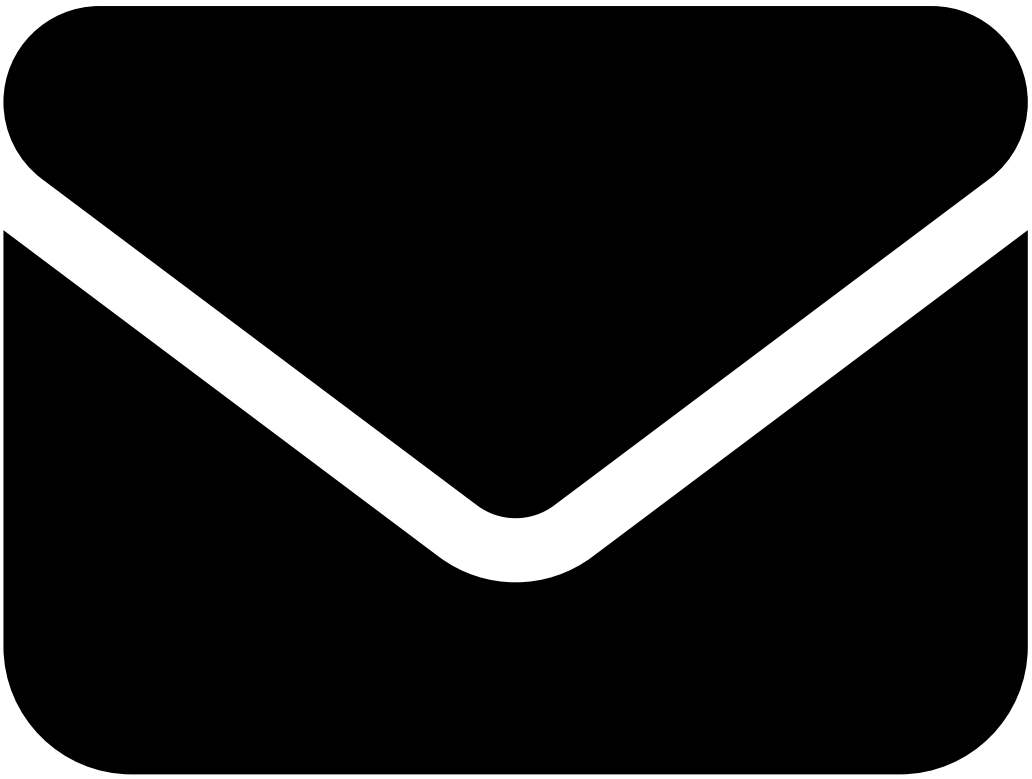




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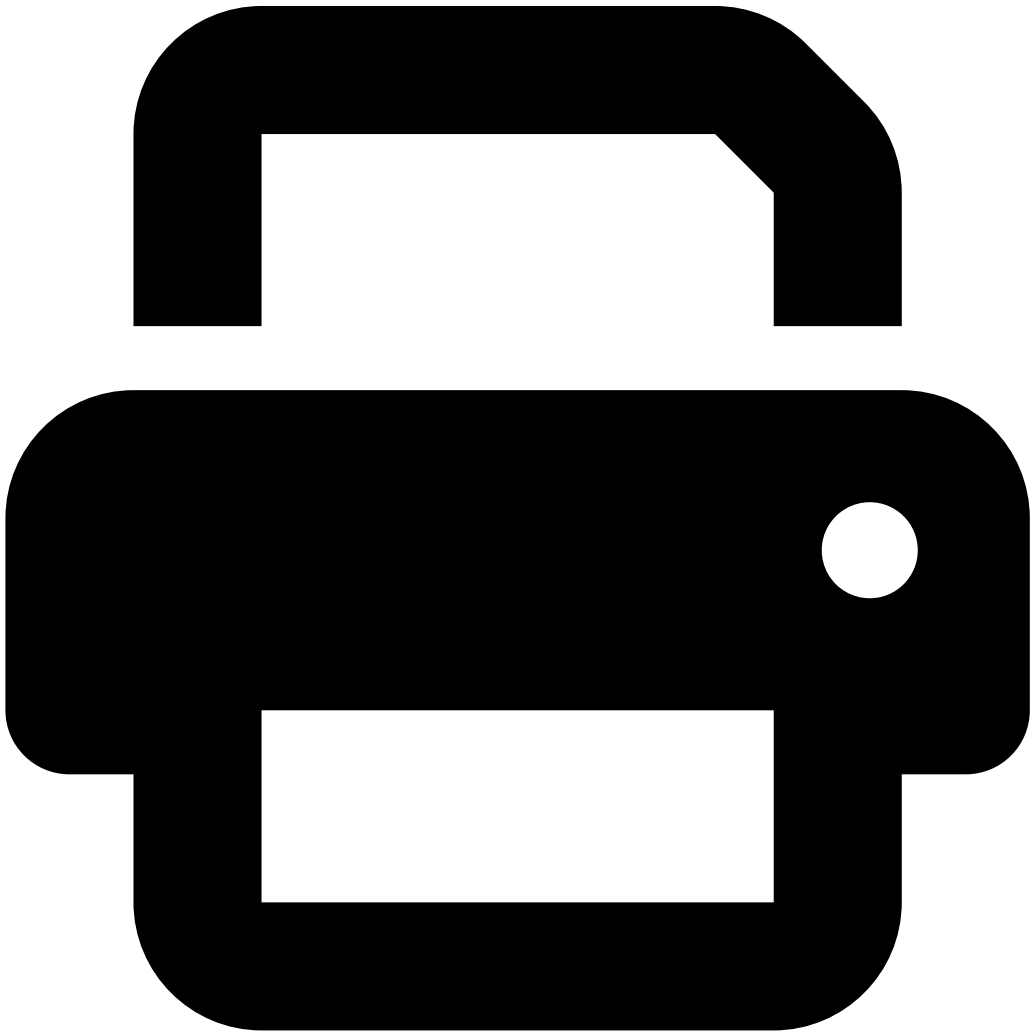

This No Meat Pasta Dish is super easy and prefect for weeknight family dinners, it’s ready in 30 minutes, and uses ready available ingredients.
It’s no wonder pasta is so popular, and for good reason. Pasta is easy, versatile, delicious and cheap.

Rich in complex carbohydrates and protein, and low in fat, pasta can be a highly nutritious food.

You need dinner quick, on those busy weeknights, you have unexpected guests coming **Pasta** to the rescue.

Pasta is delicious plain and simple, think olive oil, garlic, parmesan and some herbs, add some mushrooms and you have a guaranteed crowd pleaser!!!!

That’s all it takes, adding mushrooms, sundried tomatoes and spinach to this pasta recipe, to make a meal that is cause for celebration.

Rich and creamy this vegetarian, mushroom pasta, is full of robust flavors, that can be on your table in less than 30 minutes, but your family and friends will think it took hours.

3 Variations For this No Meat Pasta Dish

The first variations in this No Meat Pasta Dish Is drum roll …..add meat. Yes!!if you want more protein add some sliced chicken breast or shrimp.

If your going for the chicken or shrimp options season and saute it first until brown, and cooked through, then set aside and return to the sauce just to heat through.

Second variation in this pasta recipe is, you can pick different pasta shapes and use gluten free, whole wheat or whatever flavor fits your lifestyle and taste.

And the third variation in this No Meat Pasta Dish is, you don’t have to use heavy cream. You can use milk or half and half in this vegetarian pasta recipe, or leave the cream out completely and up the pasta water to 2 cups.

Last if you make this easy restaurant quality No Meat Pasta Dish please leave me a comment. I love hearing from you it’s my favorite part!!!!

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Fusilli is tossed with golden cremini mushrooms, spinach, and sun-dried tomatoes in a creamy tomato Parmesan sauce for a hearty vegetarian pasta dish.

- ½ lb Fusilli
- ½ lb sliced cremini mushrooms
- ½ lb chopped spinach
- 1 cup dried sun dried tomatoes
- 14.5 oz can tomato tomato sauce
- 1 cup heavy cream
- 1 cup reserved pasta water
- 1 cup grated parmesan cheese
- 1 tbsp butter
- 2 tbsp olive oil
- ½ chopped yellow onion
- 2 tbsp chopped garlic
- 2 tbsp each chopped Italian Parsley and basil
- Salt and pepper to taste

1. Cook Pasta according to package directions reserving 1 cup of the water before draining
2. Meanwhile in a large saute pan bring the olive and butter to medium heat
3. Sauté the onion and garlic until tender and just beginning to brown
4. Then add the mushrooms salt and pepper now, saute until golden
5. Add the sundried tomatoes saute 5 minutes
6. Add the tomatoes, heavy cream and resevered pasta water

7. Simmer covered 15 minutes
8. Add the Parmesan cheese, spinach and herbs simmer 5 minutes longer
9. Toss pasta in sauce adjust seasonings, sprinkle with additional parmesan and Italian parsley