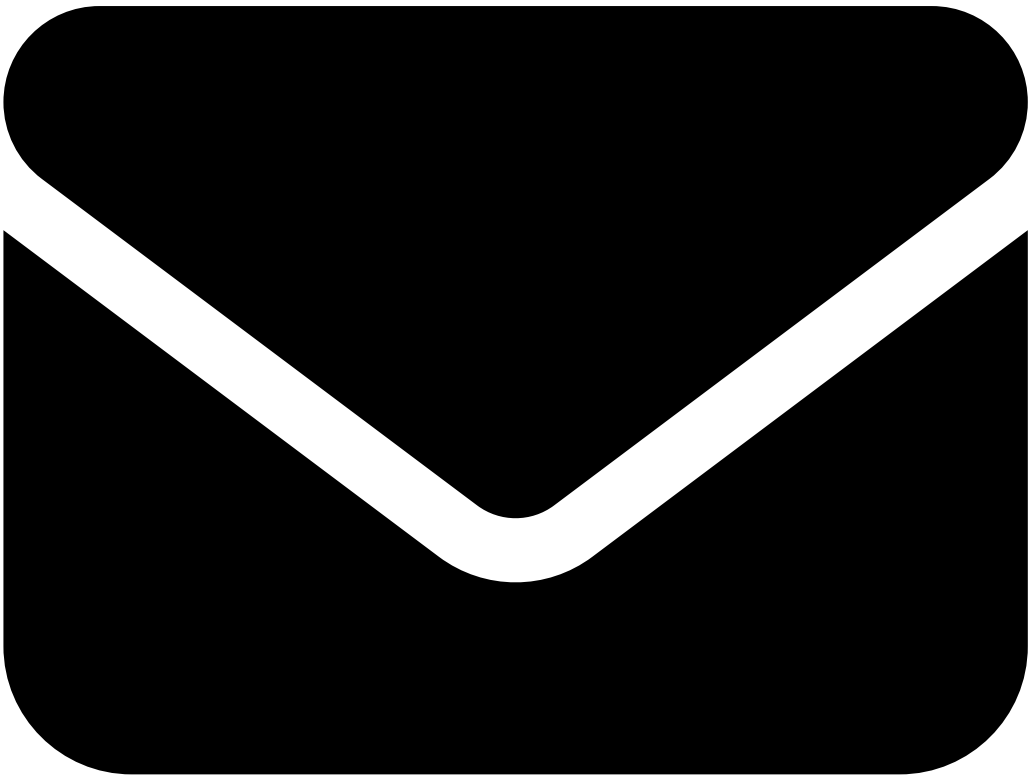
Vegetarian Mushroom and Spinach Rigatoni

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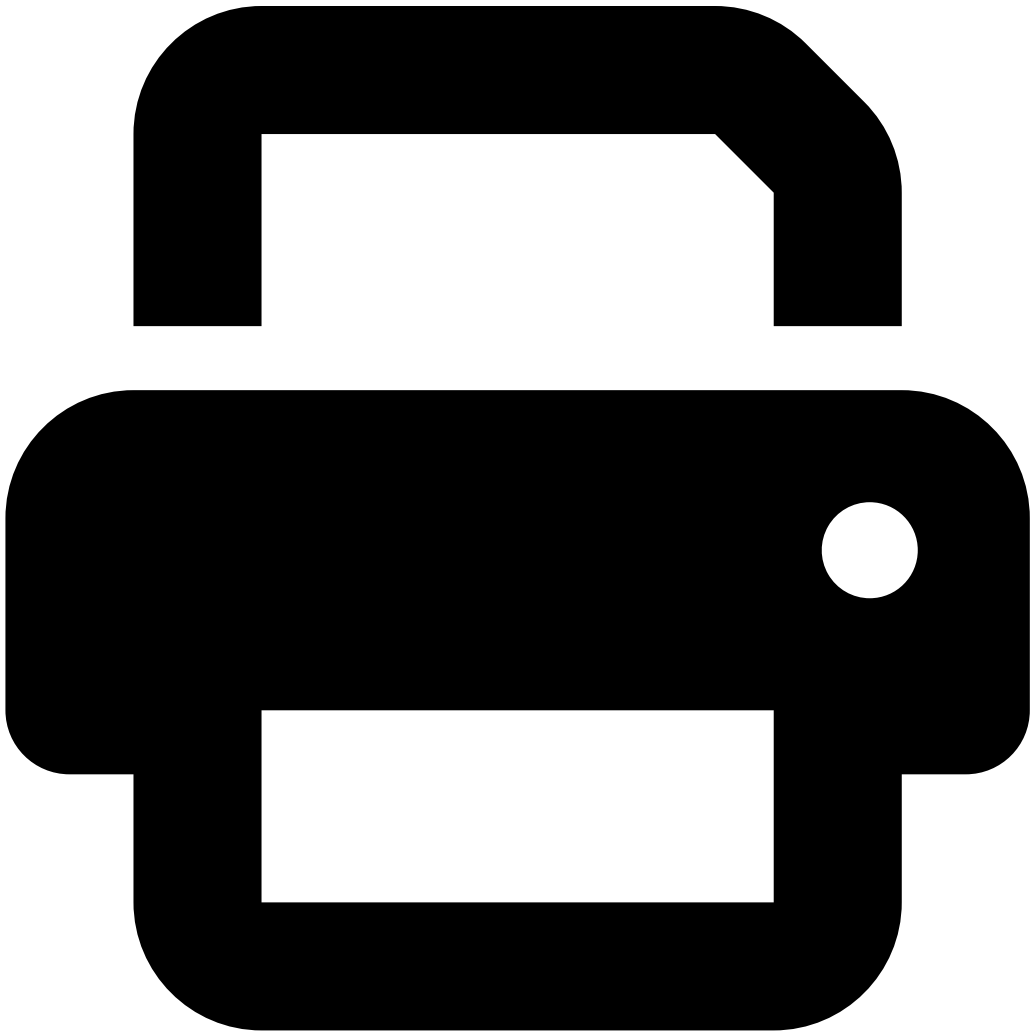
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SMS



Pasta Doesn’t Make You Fat and this rigatoni with mushrooms and spinach recipe is full of flavors without the calories. 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.

If your watching your cholesterol, pasta is prefect for you, it’s low in sodium and cholesterol free

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 spinach and you have a guaranteed crowd pleaser!!!!

That’s all it takes, adding mushrooms and spinach to this

pasta recipe, to make a meal that is cause for celebration.

Rich and creamy this vegetarian, mushroom and spinach 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.

This recipe calls for simple ingredients, butter, garlic, cream, spinach and mushrooms which together create a creamy, saucy Italian flavored dinner.

You won’t miss the meat, but if you do you can roast some chicken or fish and toss it in with the sauce just to heat through.

The best part it can be on your table in less than 30 minutes.

This pasta recipe is quick enough for busy weeknight family meals, but feels special enough for Saturday night dinner with friends. It’s a prefect way to show off what a great “home chef” you are.

This recipe was inspired by my love of pasta, one of my top restaurant’ luxury’ meals, I simplified the recipe for the” home chef”.

A few Tips when making his vegetarian mushroom and spinach rigatoni recipe

When cooking pasta for this vegetarian mushroom and spinach rigatoni recipe, salt the water before bringing the water to a boil. The water should be boiling rapidly before dropping the pasta.

I used rigatoni a short hollow noodle, you can use any shape pasta or flavor pasta you like.

It’s also easier if the pasta water pan is on the back burner and the saute pan on the front one.

I like this 8 quart stock pot for pasta and soups. Use a large enough saute pan so you don’t crowd the pan.

In the restaurant we precooked our pasta halfway and ran it under cold water to stop the cooking process, when we had an order we put the pasta in a strainer, dropped in boiling water, it taste like it was just cooked .

You can use the same process at home, if you cooked to much it stays fresh for 1 to 2 days.

.The whole idea behind food and creating recipes is to experiment and have fun doing it…..!!!!!Happy day

If you make this recipe please let me know your experience, comments, feedback whatever you feel like talking about.

That’s my favorite part and don’t forget to tag me on Instagram

Here’s a subheading about your recipe

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Vegetarian Mushroom and Spinach Rigatoni



Rigatoni is tossed with golden mushrooms, spinach, fresh herbs, and Parmesan in a creamy sauce for a hearty and flavorful vegetarian pasta dish.

- 1 lb rigatoni Pasta
- 8 oz sliced white mushrooms
- 4 cups chopped spinach
- 1 cup parmesan cheese

- 1 small chopped onion
- 2 tbsp chopped garlic
- 1 cup heavy whipping cream
- 1 cup vegetable stock or white wine
- 2 cups reserved pasta water
- 2 tbsp each chopped Italian parsley (basil, and thyme)
- 2 tbsp each butter and olive oil

1. Cook pasta according to package directions

2. Mean while heat olive oil butter in large saute pan
3. Sauté onion and garlic until tender and just beginning to brown in the butter and olive oil over medium heat
4. Add mushrooms saute until mushrooms are golden brown about 10 minutes
5. Salt and pepper to taste
6. De glaze pan with vegetable stock or white wine
7. Add heavy whipping cream and reserved pasta water
8. Simmer until sauce thickens about 15 minutes
9. And the spinach, parmesan cheese and herbs last 5 minutes
10. Toss drained pasta in the sauce
11. Top with additional parmesan and Italian parsley
12. Salt and pepper to taste