

Mushroom and Asparagus Shirataki [Pasta]



12 ounces shirataki noodles (I used fettucine shape) 6 ounce packages serve two

SAUCE:

2 tablespoons EVOO

1 medium onion, diced

1 large shallot, minced

1 large leek, cleaned, chopped

1 ounce dried mushrooms, cleaned, reconstituted in water for 30 minutes

1/2 pound crimini mushrooms, cleaned, sliced thickly

4 ounces shiitake mushroom, stems removed, chopped

1 tablespoon low sodium soy sauce

1/2 pound fresh asparagus (use small stemmed ones) cleaned, chopped in 1" lengths

1 tablespoon sherry vinegar

1 large garlic clove, minced

1 cup low sodium chicken broth, or more if needed

2 tablespoons butter

1/2 cup heavy cream, or half and half

Salt and freshly ground black pepper to taste

1/4 teaspoon freshly grated nutmeg

1/4 cup Parmigiano-Reggiano cheese, optional

3 tablespoons Italian parsley, minced

EVOO to drizzle on top (optional)

Per Serving (excluding unknown items): 389 Calories; 24g Fat (51.6% calories from fat); 10g Protein; 41g Carbohydrate; 9g Dietary Fiber; 56mg Cholesterol; 366mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

- 1. NOODLES:** Drain fluid from shirataki noodle package. Place noodles in colander and rinse well under tap water for 1- 2 minutes, using your fingers to move the noodles around. (Alternately, rinse for one minute, then place them in a clean bowl, fill with cold water and allow to rest for about 5 minutes, swishing them around once or twice.) Drain noodles.
- 2.** Bring a pot of water to a boil, add a sprinkle of salt and cook the noodles for 1-3 minutes (read package directions) until they are not quite done. If you overcook them they will be mushy. Cooked just under-done, they'll be similar to al dente pasta. Drain and place noodles out on paper towels to dry. Move them around a little so they all will dry. Allow to sit at room temp while you prepare the sauce.
- 3. SAUCE:** In a large skillet over medium heat, pour in EVOO and when hot add onion and shallot. Cook, stirring frequently, until both are translucent and mostly cooked through. Add fresh mushrooms and dried mushrooms (discarding the soaking liquid) and cook for 1-2 minutes until mushrooms have begun to cook through. Add fresh garlic and cook 3-4 minutes, then add chicken broth. Add fresh asparagus. Allow sauce to cook for 2-4 minutes, simmering. Test the asparagus to see that it is tender. Add salt and pepper to taste. Add butter and cream and bring to a simmer. Add the noodles and allow mixture to simmer until the noodles are hot throughout.
- 4. SERVE:** Using tongs, scoop up equal portions of noodles on plates and then spoon the sauce on top, dividing equally. Grate fresh nutmeg over the top, then sprinkle with Parmigiano-Reggiano cheese and fresh parsley. Serve immediately. You may also add a drizzle of EVOO on top as extra flavor.