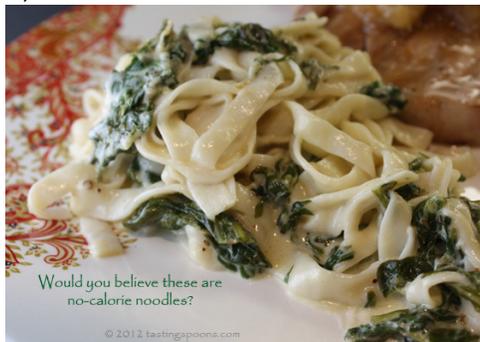


# Shirataki Fettucine with Arugula and Spinach

My own concoction.



- 2 teaspoons unsalted butter
- 1 cup arugula, fresh, chopped
- 1 cup baby spinach, fresh, chopped
- 8 ounces tofu shirataki, fettucine style (read notes regarding preparation)
- 1 tablespoon light sour cream
- 1 tablespoon heavy cream
- 2 tablespoons goat cheese, crumbled
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 pinch cayenne
- 1/2 cup Parmigiano-Reggiano cheese, grated
- Salt and freshly ground black pepper to taste
- water, as needed to keep the mixture fluid

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 2

1. TOFU SHIRATAKI PREPARATION: Remove noodles from package and drain. Run under water for 30-40 seconds, lifting and separating. Place noodles on a plate and microwave for about one minute (this parboils them). Remove from microwave and wash under running water again. Drain.
2. Meanwhile, in a large skillet (large enough to hold all of the mixture) melt the butter. Add arugula and spinach and stir over medium heat until greens are cooked. Add tofu shirataki noodles and stir to combine.
3. Add the sour cream, cream, goat cheese, herbs and cayenne. Stir to combine and continue heating over low heat. Add shredded Parm, salt and pepper to taste and add water to the pan if it's thicker than you want. Serve immediately. Makes enough for a side dish, not a main dish.

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Per Serving (excluding unknown items): 193 Calories; 16g Fat (66.2% calories from fat); 13g Protein; 6g Carbohydrate; 3g Dietary Fiber; 44mg Cholesterol; 432mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.