

WOOD ROASTED MUSHROOMS & SHELLS

Pasta Dish Ingredients

1/ 8 oz. Bag of Cooked Whole Wheat Pasta Shells or Penne Pasta

1 Cup – Cremini Mushrooms – Sliced, Seasoned and lightly Smoked or Roasted

1 Cup- Spinach- Fresh, Cleaned and Chopped

1 tsp. Garlic

1 Cup Veggie Broth

Juice of 1 Lemon – More if Desired

Salt and Pepper to Taste

Add garlic and fresh spinach to a wide skillet over medium-high heat, stir frequently as not to burn, deglaze the pan with ¼ of the veggie broth and add pasta and mushrooms. Add remaining stock, salt and pepper and the lemon juice. Simmer and stir until all ingredients are thoroughly combined and seasoned appropriately. Pour into a serving dish and top with the Almond “Parmesan” Topping.

**Serves 3-4*

Almond “Parmesan” Topping

½ Cup Slivered Almonds

1 Tbsp. of Nutritional Yeast

1 Tsp. Garlic Powder

1 Tsp. Italian Seasoning

*Combine almonds and nutritional yeast in a food processor and pulse until it reaches the consistency of grated parmesan cheese. Incorporate Italian seasoning and garlic powder and sprinkle over finished pasta dish.