

Creamy Vegan Linguine with Wild Mushrooms

Good Housekeeping Magazine - Jan. 2016

Servings: 6

1 pound linguine OR fettucine
6 tablespoons olive oil
12 ounces mixed mushrooms, thinly sliced
3 cloves garlic, finely chopped
1/4 cup nutritional yeast
1/2 teaspoon salt
1/4 teaspoon coarsely ground pepper
2 green onions, thinly sliced on an angle

Preparation Time: 10 minutes

Cook the linguine as the label directs. Reserve 3/4 cup of the pasta cooking water before draining. Return the drained linguine to the pot.

In a twelve-inch skillet, heat the oil on medium high. Add the mushrooms and garlic. Cook for 5 minutes or until the mushrooms are browned and tender, stirring.

Transfer the mushrooms to the pot with the cooked, drained linguine. Add the yeast, reserved cooking water, salt and pepper. Toss until well combined.

Garnish with green onions.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 123 Calories; 14g Fat (96.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 2 1/2 Fat.

Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	123	Vitamin B6 (mg):	trace
% Calories from Fat:	96.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	2.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	14g	Folacin (mcg):	3mcg
	2g	Niacin (mg):	trace

Saturated Fat (g):
Monounsaturated Fat (g): 10g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 179mg
Potassium (mg): 21mg
Calcium (mg): 8mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 19IU
Vitamin A (r.e.): 2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 123 **Calories from Fat:** 119

% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	179mg	7%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	
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Vitamin A		0%
Vitamin C		2%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.