BOWTIES WITH WILD MUSHROOMS, BABY SPINACH AND PINE NUTS

Tender pasta smothered in rich mushroom gravy, spruced up with Parmesan and pine nuts – with a POINTS® value this low we must be dreaming!

Ingredients

1/2 oz dried porcini or shiitake mushrooms
1 cup boiling water
8 oz uncooked bow tie pasta
2 teaspoons olive oil
2 cups sliced cremini mushrooms
2 medium garlic cloves, minced
1 tablespoon cornstarch
1/4 cup cold water
1/8 teaspoon table salt, or to taste
1/8 teaspoon ground black pepper, or to taste
5 cups baby spinach leaves
2 tablespoons grated Parmesan cheese
2 tablespoons pine nuts, lightly toasted

Instructions

Place dried mushrooms in a medium bowl and cover with 1 cup boiling water. Let stand 15 minutes. Drain mushrooms through a paper towel-lined sieve, reserving soaking liquid. Rinse mushrooms to remove any leftover grit and chop into small pieces; set mushrooms and soaking liquid aside.

Meanwhile, cook pasta according to package directions without added fat or salt. Drain and transfer to a large bowl and cover with foil to keep warm.

Heat oil in a large saucepan over medium heat. Add fresh and dried mushrooms and garlic and cook until fresh mushrooms wilt and release juice, 3 to 5 minutes.

Dissolve cornstarch in 1/4 cup cold water and add to skillet with the reserved mushroom soaking liquid. Simmer 1 minute, until sauce thickens. Season to taste with salt and pepper.

Pour hot mushroom sauce over pasta, add spinach and toss to combine (hot sauce will wilt spinach leaves).

Add Parmesan cheese and pine nuts and mix well.

Yields about 1 1/2 cups per serving.

Nutritional Value Per Serving: 308 calories; 6.6 g fat; 3.5 g fiber