



Pasta with Butter (and Mustard Greens and Shiitake) is What Kids Eat

READY IN



20 min.

SERVINGS



4

CALORIES



806 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon anise seeds
- ☐ 1 pound bucatini pasta dried (or other strand pasta)
- ☐ 4 servings coarse salt and pepper as needed for seasoning and pasta water ()
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 3 clove garlic minced peeled (and)
- ☐ 4 cup chicken stock see low-sodium
- ☐ 4 cup mustard greens packed roughly chopped (may substitute spinach or chard, cooking times will vary)

- ☐ 5 tablespoon olive oil extra-virgin as needed plus more)
- ☐ 1 cup parmesan cheese divided grated ()
- ☐ 2 tablespoon parsley leaves chopped
- ☐ 0.3 teaspoon pepper flakes red crushed to taste (or)
- ☐ 7 ounce mushroom caps roughly chopped (brushed clean and)
- ☐ 2 tablespoon butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

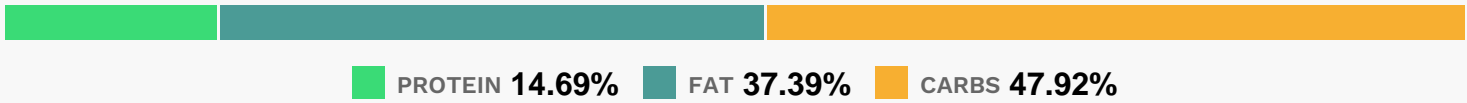
Directions

- ☐ Place the chicken stock in a large saucepan set over medium-high heat. Bring to a boil then lower the heat, letting the stock reduce by half; set aside.
- ☐ Heat 4 tablespoons (¼ cup) olive oil in a large saute pan set over medium-high heat. Once the oil begins to shimmer add the mushrooms in as close to a single layer as possible.
- ☐ Let them cook without moving them until lightly browned on one side, about 2 minutes. Stir the mushrooms and saute them, stirring occasionally until brown all over, about 5 more minutes. Season with salt and pepper.
- ☐ Add the garlic and a touch more oil if necessary. Cook stirring often until fragrant, about 1 minute.
- ☐ Add the rosemary, anise seeds, red pepper flakes and reduced chicken stock; bring to a boil.
- ☐ Add greens; seasoning them as needed. Lower the heat to a simmer and cook until tender, about 5 more minutes. Stir in the butter and parsley; set aside. Meanwhile, bring a large pot of salted water to a boil.
- ☐ Add pasta and cook until al dente, about 12 minutes, depending on the pasta you choose.
- ☐ Drain the pasta (reserving about ½ cup of the water) then return the pasta to the pot.
- ☐ Add the greens mixture and ½ cup grated Parmesan, folding to incorporate. Adjust consistency with the reserved pasta water as needed.

Pour onto a heated serving platter, garnish with remaining ½ cup cheese and a drizzle of extra-virgin olive oil.

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Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:35.22, Inflammation Score:-9, Nutrition Score:33.121739149094%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg Kaempferol: 21.48mg, Kaempferol: 21.48mg, Kaempferol: 21.48mg, Kaempferol: 21.48mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 805.9kcal (40.29%), Fat: 33.87g (52.11%), Saturated Fat: 10.64g (66.49%), Carbohydrates: 97.66g (32.55%), Net Carbohydrates: 90.8g (33.02%), Sugar: 5.32g (5.92%), Cholesterol: 36.8mg (12.27%), Sodium: 729.28mg (31.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.89%), Vitamin K: 189.01µg (180.01%), Selenium: 84.18µg (120.26%), Manganese: 1.22mg (61.25%), Phosphorus: 539.44mg (53.94%), Vitamin C: 42.62mg (51.66%), Vitamin A: 2291.87IU (45.84%), Vitamin B3: 7.62mg (38.1%), Calcium: 330.56mg (33.06%), Copper: 0.64mg (31.78%), Vitamin E: 4.12mg (27.5%), Fiber: 6.86g (27.43%), Potassium: 895.9mg (25.6%), Magnesium: 101.39mg (25.35%), Zinc: 3.64mg (24.28%), Vitamin B6: 0.49mg (24.26%), Vitamin B2: 0.4mg (23.71%), Iron: 3.58mg (19.91%), Vitamin B5: 1.46mg (14.64%), Vitamin B1: 0.17mg (11.25%), Vitamin B12: 0.59µg (9.76%), Folate: 38.49µg (9.62%), Vitamin D: 0.43µg (2.86%)