

food
network



HEALTH SCORE

69%

Vegetable Not-sagna Pasta Toss



Very Healthy

READY IN

**35 min.**

SERVINGS

**4**

CALORIES

**915 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 baby portobello mushrooms sliced
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 4 servings coarse salt
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup basil leaves fresh
- ☐ 0.3 teaspoon nutmeg fresh grated
- ☐ 10 ounce pkt spinach frozen chopped

- ☐ 3 cloves garlic chopped
- ☐ 1 cup milk
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 medium onion thinly sliced
- ☐ 0.5 cup parmesan grated
- ☐ 1.5 cups part skim ricotta cheese
- ☐ 1 pound curly pasta recommended: campanelle or cavatappi by Barilla
- ☐ 1 roasted pepper red dry drained thinly sliced quartered
- ☐ 4 servings salt and pepper
- ☐ 1 medium zucchini

Equipment

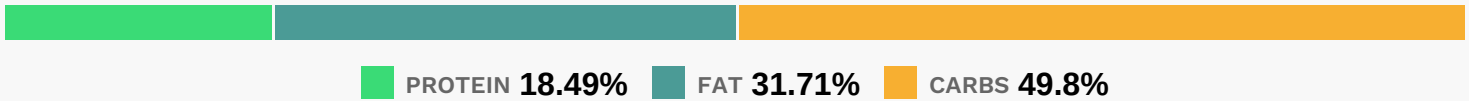
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ stove
- ☐ microwave
- ☐ kitchen towels

Directions

- ☐ Heat a pot of water to a boil for pasta. Salt boiling water and cook pasta to al dente. Heads up: reserve a ladle of the hot cooking water just before you drain pasta.
- ☐ Place the frozen spinach on a plate and microwave to defrost it according to your microwave's directions.
- ☐ Place defrosted spinach in a clean kitchen towel and wring out the liquid.
- ☐ Heat a deep skillet over medium-high heat.

- ☐ Add 2 tablespoons extra-virgin olive oil. Halve the zucchini lengthwise then thinly slice into half moons and add to the pan along with the mushrooms. Cook 2 to 3 minutes then add onions and garlic to the pan. Season the vegetables with salt and pepper. When the onions are tender, about 5 minutes, add defrosted spinach, separating into small bits as you handle it, and the roasted red peppers and toss to heat through.
- ☐ Transfer veggies to a dish and return skillet to stove top.
- ☐ Add remaining 1 tablespoon of extra-virgin olive oil and the butter. When the butter melts into extra-virgin olive oil, add 2 rounded tablespoons of flour and cook a minute or so, then whisk in stock and milk. Bring to a bubble and thicken the sauce, reducing it 2 to 3 minutes. Season the sauce with salt, pepper and nutmeg. Slide vegetables back into sauce.
- ☐ Place the part-skim ricotta in a large shallow bowl and combine with a ladle of boiling, starchy pasta cooking water. Stir to combine then add in a couple of handfuls of grated cheese.
- ☐ Drain pasta and toss with cheeses.
- ☐ Add half the vegetables and sauce to pasta and toss to combine. Tear or shred basil and toss into pasta. Adjust seasonings. Top bowlfuls of Vegetable Not-sagna with remaining veggies in sauce and pass extra grated cheese at the table.

Nutrition Facts



Properties

Glycemic Index:111, Glycemic Load:38.3, Inflammation Score:-10, Nutrition Score:52.683478728585%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 915.28kcal (45.76%), Fat: 32.78g (50.42%), Saturated Fat: 13.6g (85.01%), Carbohydrates: 115.84g (38.61%), Net Carbohydrates: 105.55g (38.38%), Sugar: 16.54g (18.38%), Cholesterol: 61.5mg (20.5%), Sodium: 1072.58mg (46.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.01%), Vitamin K: 298.91µg (284.67%), Selenium: 145.56µg (207.94%), Vitamin A: 9504.44IU (190.09%), Manganese: 2mg (100.03%), Phosphorus: 897.2mg (89.72%), Vitamin B3: 15.33mg (76.65%), Copper: 1.3mg (65.23%), Calcium: 636.06mg

(63.61%), Folate: 239.48µg (59.87%), Vitamin B2: 0.99mg (58.08%), Potassium: 1912.21mg (54.63%), Vitamin B6: 0.93mg (46.41%), Vitamin B5: 4.12mg (41.25%), Fiber: 10.3g (41.2%), Magnesium: 160.62mg (40.16%), Zinc: 5.59mg (37.24%), Vitamin B1: 0.47mg (31.38%), Iron: 5.02mg (27.86%), Vitamin E: 4.16mg (27.75%), Vitamin C: 20.91mg (25.35%), Vitamin B12: 0.89µg (14.78%), Vitamin D: 1.58µg (10.55%)