

Mushrooms and Artichokes with Edamame over Spaghetti

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

Ingredients:

- 1 tablespoon dark sesame oil
- ½ inch peeled fresh ginger root, minced
- 4 garlic cloves, finely minced
- ½ cup minced onion
- ¾ lb (approx. 3 cups) sliced crimini mushrooms
- ¾ lb (approx. 3 cups) sliced shiitake mushrooms
- ¼ cup water
- 1 tablespoon reduced-sodium chicken bouillon granules or vegetable broth (for vegan option)
- 1 tablespoon fresh lemon juice (can use bottled)
- ½ teaspoon ground red pepper
- 2 cups artichoke hearts (canned, drained)
- 2 cups edamame (green soy beans: purchase in the freezer section, and cook as directed, which is a matter minutes)
- 2 tablespoons cornstarch, dissolved in ¼ cup water
- 4 cups cooked spaghetti
- ½ cup chopped scallions (green portion only)
- ½ cup shredded carrots

Directions:

- 1) Heat oil in large nonstick skillet over low heat; add ginger and garlic. Cook, stirring frequently, 5 to 7 minutes.
- 2) Increase heat to medium; add onion. Sauté until browned; add crimini and shiitake mushrooms. Sauté 2 to 3 minutes.
- 3) Add water, the bouillon granules, juice, pepper, artichoke hearts and edamame. Reduce heat to low; simmer, stirring occasionally, 10 minutes.
- 4) Stir in dissolved cornstarch; increase heat to medium. Cook, stirring frequently, 2 to 3 minutes, or until thickened.
- 5) Combine spaghetti and mushrooms-tofu mixture in large serving bowl; toss to mix well.
- 6) Garnish with scallions and carrots.

Nutritional Analysis: (per serving)

- Calories: 478
- Total Fat: 10.5 g
- Saturated Fat: 1.4 g
- Protein: 26 g
- Carbohydrates: 76 g
- Dietary Fiber: 13.5 g
- Cholesterol: 0 mg
- Sodium: 107 mg
- Omega-3: 0.4 g

Source:

Used with permission from *The Omega-3 Breakthrough*, by Kristine Napier, MPH, RD, LD, with Fiona Hinton, MND, SRD (in press)