

Linguine with Spicy Broccoli and Portobello Mushrooms

(Makes 4 servings)

Need to turn up the heat as the winter months wear on? Try this spicy dish, which is easy to whip up on a weeknight. It's also very flexible. You can substitute spinach, bell peppers, broccoli rabe, eggplant, shallots or wild mushrooms for the broccoli and Portobellos. We remove the gills of the Portobello mushrooms to prevent black discoloration of the sauce. Use a spoon or small thin knife to remove the ridges from the underside of the mushroom.

Ingredients:

- ½ pound whole wheat linguine
- 1 tablespoon extra virgin olive oil
- 3 garlic cloves, minced
- ¾ pound broccoli florets, cut into bite-size pieces
- 2 Portobello mushrooms, gills removed, halved and thinly sliced
- 3 tablespoons dry red wine
- One 28-ounce can no-salt-added diced tomatoes, well drained
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon kosher salt, optional
- ½ cup roughly chopped fresh basil
- ½ cup freshly grated Parmesan cheese

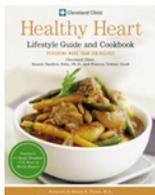
Directions:

- 1) Cook the pasta until al dente, according to package directions.
- 2) Meanwhile, heat the oil in a large nonstick skillet. Add the garlic, broccoli and mushrooms. Cook over high heat for 2 minutes, stirring, until the mushrooms begin to wilt.
- 3) Reduce the heat to low and add the wine, tomatoes, red pepper flakes and salt (if using). Simmer for 2 minutes, stirring twice. Stir in the basil.
- 4) Drain the pasta, reserving ½ cup of the pasta water. Add the water to the sauce, increase the heat, and boil for 1 minute to reduce slightly.
- 5) Divide the pasta among 4 plates. Top with sauce and sprinkle with cheese. Serve immediately.

Nutritional Analysis: (per serving)

- Calories: 360 (18% calories from fat)
- Total Fat: 8 g
- Saturated Fat: 2.5 g
- Protein: 18 g
- Carbohydrates: 60 g
- Dietary Fiber: 13 g
- Cholesterol: 10 mg
- Sodium: 200 mg
- Potassium: 1,129 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.