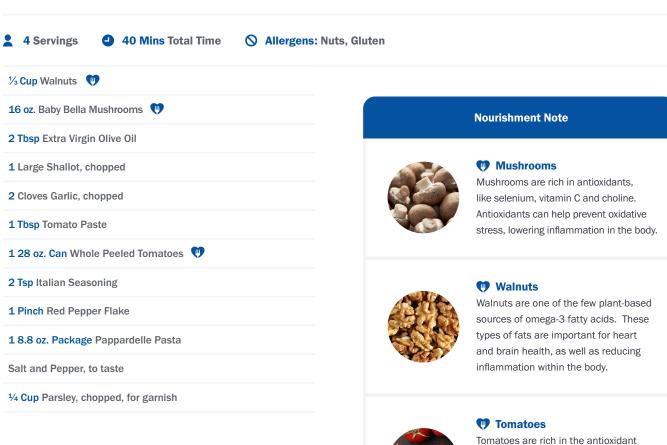


Dinner

Vegetarian Pappardelle with Mushroom Walnut Ragu

15 Mins		25 Mins		4
Prep Time		Cook Time		Servings
≞	445 Calories	17g Fat	57g Carbs	17g Protein

Ingredients



Allergen Swap

Nuts Try using sunflower seeds or omit nuts.

Gluten Swap gluten-free pasta for the traditional pappardelle.

lycopene. Lycopene has been linked to improved skin health, as well as lowering the risk of heart disease and certain

types of cancers.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Chop Walnuts & Mushrooms

Bring a large pot of water to boil. While water is heating, pulse the walnuts in the food processor until finely chopped. Place in a small bowl and set aside. Pulse half the mushrooms (8 oz.) in the food processor until finely chopped. Slice the remaining mushrooms.

3. Heat Walnuts, Shallots & Mushrooms

Heat olive oil in Dutch oven over medium-high heat. Add the walnuts, cook, stirring occasionally, until toasted, about 2 minutes. Add the shallots and finely chopped mushrooms. Cook, stirring occasionally, until the moisture has left the mushrooms, about 5 minutes. Season with salt and pepper.

4. Cook Mushroom & Shallot Mixture

Cook mushroom and shallot mixture for an additional 2-3 minutes, until mushrooms are browned. Add the sliced mushrooms and garlic and cook until softened.

5. Cook Sauce

Stir in the tomato paste and cook for 1 minute. Add the crushed tomatoes and ½ cup water to the Dutch oven. Break up any large tomatoes with a spoon. Sprinkle in the Italian seasoning and pinch of red pepper flakes. Bring sauce to a simmer. Cook, stirring occasionally, until the sauce slightly thickens, about 10 minutes.

6. Cook Pasta, Assemble Dish & Serve

Based on the cooking time of your noodles, add the pasta to boiling water while sauce thickens. Cook according to label directions. Using tongs, transfer the cooked pasta to the sauce. Toss until pasta is well coated. Plate, sprinkle with fresh parsley, serve and enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: January/February 2020 Food Network Magazine

What You'll Need

日 日 日	Food Processor
\bigtriangledown	Small Bowl
ß	Knife
F	Cutting Board
e E	Measuring Spoons
	Measuring Cup
÷	Dutch Oven
Ŷ	Mixing Spoon
Ť	Large Pot
	Tongs

PD Cooking Tips

- Pre-chopped onions can be substituted for shallot.
 Pre-chopped onions can often be found in the produce section or frozen foods section of the grocery store.
- Purchase pre-chopped garlic.
- Purchase pre-chopped mushrooms.