

HEALTHY EATING @home

COME AND SPAGHETT-IT Recipe

Submitted by: Giovanna Abraham, Facility Services

Shirataki noodle, is next to nil in calories and is made from the konjac plant, another form of shirataki noodle is also made from tofu and can be found in the tofu section. In the dish below, made the shirataki noodle (spaghetti style) with sautéed fresh mushrooms, kalamata olives, fresh basil pesto, Italian parsley. Can be used as a main dish or accompanied to a side dish.

Ingredients:

- 1 bag of Shirataki noodle
- cup of fresh mushrooms
- half cup of kalamata olives
- fresh basil and Italian parsley chopped amount to your liking
- dash salt/pepper
- half cup of chicken stock/beef stock or pasta sauce

Instructions:

- 1) Rinse the shirataki noodle under water in a colander (no boiling involved)
- 2) Spray pan with olive oil, toss in the fresh mushrooms, olives and basil/parsley and Sautee to your liking (6 min)
- 3) Add the drained shirataki noodle to the pan and add the half cup of chicken/beef stock and sauté

If you can't find shirataki noodle, you can also swap for pasta penne, this brand is called 'POW' lentil pasta penne with 25 g of protein, POW brand comes with different noodle styles from spaghetti to linguini to name a few.



Enjoy!