

Foodnity Recipes

Parmesan Spinach Mushroom Pasta Skillet

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz short pasta (penne or fusilli)
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 8 oz mushrooms, sliced
- [ ] 4 cups fresh spinach
- [ ] 1 cup grated Parmesan cheese
- [ ] 1/2 cup low-fat milk
- [ ] Juice of 1/2 lemon
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; cook pasta al dente according to package, then drain, reserving 1 cup of cooking water.
2. While pasta cooks, heat olive oil in a wide skillet over medium heat. Add minced garlic and sauté for 30 seconds until fragrant.
3. Add sliced mushrooms to the skillet; cook, stirring occasionally, until they release their juices and turn golden brown, about 5-6 minutes.
4. Stir in the spinach; toss until just wilted, then pour in the milk and let it simmer for a minute.
5. Add the cooked pasta to the skillet, sprinkle the Parmesan, and drizzle lemon juice. Toss gently, adding reserved pasta water a little at a time until the sauce becomes glossy.
6. Season with salt and pepper, taste, and adjust the lemon or cheese if needed. Serve immediately, perhaps alongside parmesan chicken for extra protein.

Nutrition per serving

420 kcal	18 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash more pasta water.
- For an extra layer of flavor, toast the mushrooms a bit longer until caramelized.
- Finish with a drizzle of extra-virgin olive oil for sheen.