

Café to You!
by **sodexo***



PORTOBELLO STROGANOFF

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INGREDIENTS:

1 3/4 C LS Vegetable Stock
1lb, 5.5 oz Whole Grain Rotini, dry
1Gal Water
1 T + 1/2 tsp Extra Virgin Olive Oil
1/4 C Fresh Leeks, Diced 1/2"
3/4 tsp Fresh Garlic, Chopped

1 1/2 oz Fresh Parsnips, Diced 1/2"
2 3/4 oz Fresh Portobello
Mushrooms, Sliced 1/2"
2 1/2 oz Light Sour Cream
3/4 tsp Salt
1/8 tsp Cayenne Pepper

PROCEDURES:

Pre Prep:

1. To Prepare Whole Grain Rotini. Bring water to a full rolling boil.
2. Add noodles to boiling water. Stir while returning to a brisk boil. Reduce heat. Simmer for 10 minutes or until just tender. Drain and hold hot for immediate use.
3. Heat olive oil in a sauté pan over medium heat. Add leeks and garlic. Sauté for 2 minutes.
4. Add parsnips and mushrooms. Sauté for 2 minutes.
5. Add vegetable stock. Cook on medium boil for 10 minutes.
6. Add light sour cream, thyme, salt and pepper. Hold hot.

For Service:

7. Place a 6 oz spoodle of pasta on a warmed plate. Top with 4 oz ladle of sauce.

Portion: Serve 6 oz pasta with 4 oz sauce.

Yield: 6 Servings



NUTRITIONAL DATA

Serving Size: 6z spoodle + 4z ladle		(278) g
Amount Per Serving:		
Calories 385	Calories From Fat 68	
	% Daily Value *	
Total Fat	7.5g	12%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	4.7mg	2%
Sodium	270.5mg	11%
Total Carbohydrate	74.9g	25%
Dietary Fiber	9.5g	0%
Sugars	8g	
Protein	14.9g	

Vitamin A 4%	Vitamin C 3%
Calcium 2%	Iron 19%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

