

②  
0/13/04

# PASTA WITH RED WINE AND MUSHROOMS

20 minutes prep  
Serves 2

## INGREDIENTS:

8 oz. Pasta - Spinach Basil Garlic Fettuccini  
2 tbsp butter  
2 tbsp olive oil  
1 tbsp Balsamic Vinegar  
1 tbsp tamari or soy sauce  
3/4 cup dry red Wine  
1 12 oz. can Italian plum tomatoes  
Juice reserved  
2 or 3 plump chicken breasts  
1 medium onion, thinly sliced  
6oz fresh mushrooms, thinly sliced  
Grated fresh hard cheese  
1 lemon wedge  
, your choice  
(Seasoning will depend on pasta choice)



## DIRECTIONS:

1. Put on 4 quarts of water on to boil.
2. Slice mushrooms and onion, grate cheese, thoroughly clean chicken. Wedge the lemon.
3. In a large skillet, melt the butter with the olive oil, juice from the tomatoes and 1/2 of the wine on medium heat.
4. Turn heat up to medium to high. Add chicken, brown each side and cover. Lower heat by half. Let simmer for about 4 minutes.
5. Turn chicken. Add onions, tomatoes, and balance of wine. Stir well. Cover again for 2 minutes.
6. Add mushrooms, vinegar and tamari. Cover again (for the last time), about a minute after stirring well.
7. Cook pasta according to package directions. Strain and shake off excess water. Incorporate into skillet. Toss well. Dust dish with the grated cheese. Serve with the lemon wedges.

Notes: Twists of black pepper, Balsamic Vinegar and Tamari on the table. If you choose to use unflavored pasta, season dish with fresh or dried basil or all-purpose Italian seasoning. You cannot squeeze too much lemon.