

**FROM THE COVER****Spaghetti With Fresh Goat Cheese, Crimini Mushrooms and Arugula**

7 ounces uncooked whole-grain spaghetti or fettuccine (about a 1¼-inch-wide bundle)  
1 tablespoon plus 2 teaspoons extra-virgin olive oil (2 teaspoons for the mushrooms, 1 tablespoon for drizzling)  
1 package (8 ounces) crimini mushrooms, quartered (about 2½ cups)  
3 fresh thyme sprigs, plus additional leaves for garnishing  
½ cup diced red onion  
3 medium garlic cloves, minced  
4 cups baby arugula  
½ cup fresh goat cheese  
½ cup reduced-sodium or organic vegetable broth  
3 tablespoons grated Parmesan cheese  
1 tablespoon nutritional-yeast



**MICHELLE DUDASH**  
HEALTHY DISH

seasoning (optional)  
1¼ teaspoons red-wine vinegar  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper

**Cook** pasta according to package directions in salted water. Add pasta back to the pot after draining.

Heat a large saute pan on medium heat and add 2 teaspoons oil. Add mushrooms and thyme, and saute until nearly browned, about 4 minutes. Add onion and garlic, and cook until translucent, about 4 minutes, reducing heat as needed. Add arugula, and cook just until wilted, about 30 seconds. Add vegetables to the pot of cooked, drained pasta and place on low heat. Add goat cheese, broth, Parmesan, yeast

seasoning, vinegar, salt and pepper, and stir until goat cheese melts completely. Drizzle with remaining tablespoon of olive oil. Garnish with thyme leaves.

Makes 4 servings.

*Approximate values per serving: 366 calories, 15 g total fat (6 g saturated fat, 0 trans fat), 419 mg sodium, 17 mg cholesterol, 40 g total carbohydrate (5 g fiber), 18 g protein, 37 percent calories from fat.*

*Michelle Dudash of Gilbert is a registered dietitian and Le Cordon Bleu-trained chef. Find a link to her blog, [Dudash's Healthy Dish](#), at [azcvoices.com](#). Look for a new healthy, tasty recipe from her each week in *Your Health*.*