

K's Kitchen: Creamy vegetable pasta

By Kathryn Reed

An open container of cream, half a carton of vegetable broth, fresh rosemary and spinach stared back at me when I opened the refrigerator door to figure out what I was going to eat.

It wasn't enough. Off to the grocery store I went.

But for what I wasn't sure. Mexican? Italian? Something else?

I bought overpriced asparagus, a three-pack of exotic mushrooms that seemed pricy and green onions. The end result was pretty darn good and worth every penny.

Sometimes winging it can have its rewards.



Creamy Mushroom, Asparagus, Spinach Pasta

1 bunch green onions, chopped

8 cloves garlic, minced

White wine

$\frac{1}{2}$ bunch asparagus, chopped

2 C vegetable broth

8 ounces mixed wild mushrooms, chopped

1 T fresh rosemary

4 ounces fresh spinach

$\frac{3}{4}$ C heavy cream

Salt and pepper, to taste

1 pound spaghetti

Parmesan cheese, optional

Cook pasta according to package directions.

Coat pan with white wine so it is about 1/8-inch deep.

Add onion and garlic, cooking over medium heat. Cook until liquid is absorbed.

Add veggie broth and asparagus. Simmer about 3 minutes.

Add mushrooms and rosemary.

Gradually add spinach until it is wilted. Keep stirring. Bring to a boil for 5 minutes. Add salt and pepper to taste.

Add cream, turning down heat so concoction simmers.

If you want the sauce to be thicker, add flour or corn starch. If using cornstarch, first dissolve it in cold water so there are no chunks before adding to mixture. Constantly stir.

Drain pasta and then return to pot it was cooked in.

Add creamy vegetable mix to pasta. Mix. Serve in individual bowls. Top with cheese.