

Creamy Tetrazzini

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 3 ounces

Ingredients	Quantity	Measure
Mushrooms, fresh, white or Cremini, sliced	1	pound
White wine (alternative option listed in serving information)	6	ounces
*Tofu, extra-firm, drained, pressed, and cut into ½ inch cubes	1	pound
Spaghetti noodles, dried - cooked, drained	1	pound
Slivered almonds	1 ½	cups
Peas, cooked and drained	1 ½	cups
Pimento red pepper, minced	1	cup
Sauce		
Plant-based butter or margarine	1	cup
Unbleached flour	1 1/3	cup
Vegetable broth	3	cups
Nondairy milk, unsweetened, warmed	1 ¼	cups
White pepper	2	Tbsp.

Preparation

*Please see separate page for tofu pressing instructions.

1. Preheat oven to 350 degrees Fahrenheit.
2. In a braising pan, sauté mushrooms and wine until mushrooms are soft.
3. Gently toss mushrooms, tofu, pasta, almonds, peas, and pimentos together. Cover and place in warmer.
4. In a separate pot, prepare a roux by melting the margarine and adding the flour. Cook the flour until a nutty aroma and turns slightly golden. Add the broth gradually, stirring, until a smooth sauce is formed. Remove from heat and stir in milk. Pour over pasta and mix to combine. Place in baking dish and bake for 20 minutes, uncovered, or until firm and browned on top.

Serving Information

An assortment of fresh or dry, reconstituted mushrooms may be used. If desired, prepare or purchase smoked tofu or herbed tofu for extra flavor. If wine is not desired, use 3 ounces of unsweetened apple juice mixed with 3 ounces of white vinegar.



Creamy Tetrazzini Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Nutrition Information *From USDA Nutrient Database

Calories: 503 Total Fat: 25g Saturated Fat: 3.3g Monounsaturated Fat: 12.6g Polyunsaturated Fat: 7.7g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 53g Fiber: 6.2g Total Sugars: 5.2g Protein: 16.3g Sodium:
212mg Vitamin A: 155µg Vitamin C: 16.7mg Calcium: 138mg Iron: 4.2mg Folate: 235µg