

Workforce Health Kitchen: *Live*

Recipe of the Month:

Mushroom, Spinach and Sun Dried Tomato Pasta

Join Coach Joelle in making this pasta dish. Sun dried tomatoes are simple to use and packed with vitamin C and antioxidants like lycopene. This easy, flavorful dish comes together in just 30 minutes, making it perfect for a family weeknight meal. Make it plant-based or customize it with the protein of your choice.

Vegans can make it with nutritional yeast or top with fresh Parmesan for vegetarian twist.



**October 7, 2026
12-12:30 p.m.**

Click here or snap the QR code
to Register on Webex
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**October 29, 2026
4:30-5 p.m.**

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About your instructor:



Joelle, RD, CD

Joelle is a Registered Dietitian Nutritionist and Certified Wellcoach® with over 25 years of experience in nutrition and wellness. In addition to coaching her clients to better health, Joelle regularly demonstrates healthful cooking and meal prep techniques to large audiences.

See full recipe on the next page.

Note: Participants attending as part of an employer's incentive program must individually register and join via web browser in order to receive credit for attending.



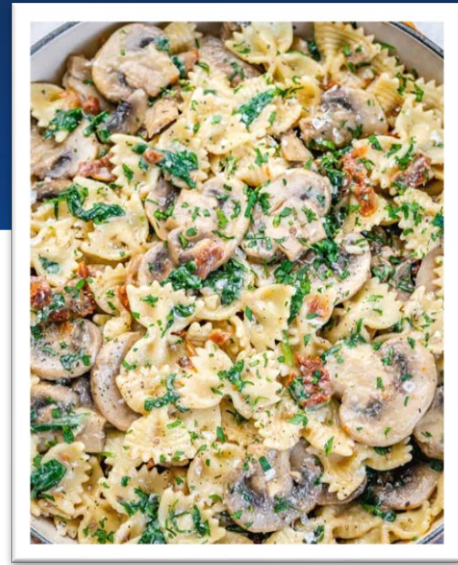
Workforce Health

Mushroom, Spinach and Sun Dried Tomato Pasta

Makes 4 Servings

Ingredients:

- 2 cups Durham, whole wheat or protein pasta, or any pasta of choice
- kosher or sea salt and ground pepper, to taste
- 1 Tbsp. olive or avocado oil
- 4 cups mushrooms, sliced (any type of mushroom)
- ¾ cup sun-dried tomatoes, thinly sliced
- 4-5 cups spinach or kale, coarsely chopped
- 3-4 garlic cloves, minced (or 1 1/2-2 tsp. jarred/minced)
- 1 cup almond milk, or any milk of choice
- 1 Tbsp. flour; can use gluten-free
- 1/4 cup minced parsley (or 4 tsp. dried parsley)
- Optional: Top with nutritional yeast, fresh grated parmesan or red pepper flakes. To boost the protein, add 2 cups chopped cooked chicken breast, cooked shrimp or tofu.



Directions:

1. Cook the pasta in salted water according to the package directions. Drain and set aside.
2. Meanwhile, in a large skillet, heat 1 Tbsp. olive oil.
3. Sauté the mushrooms and sun-dried tomatoes for 3-4 minutes, stirring occasionally. Season with salt and ground pepper.
4. Add spinach and 3-4 garlic cloves to the mushroom mixture and continue to sauté until wilted.
5. In a small bowl whisk the almond milk and flour until no visible lumps.
6. Pour the milk mixture over the sautéed veggies and stir to combine. The sauce should begin to thicken almost immediately.
7. While the pan is still on the heat, stir in the cooked pasta and 1/4 cup minced parsley. And any of the optional ingredients at the end.

Nutritional facts per serving; can vary depending on the pasta used:

Calories: 340 • Fat: 6g • Sodium: 220mg • Carbohydrates: 50-60g • Dietary Fiber: 7-10g • Protein: 15-20g

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