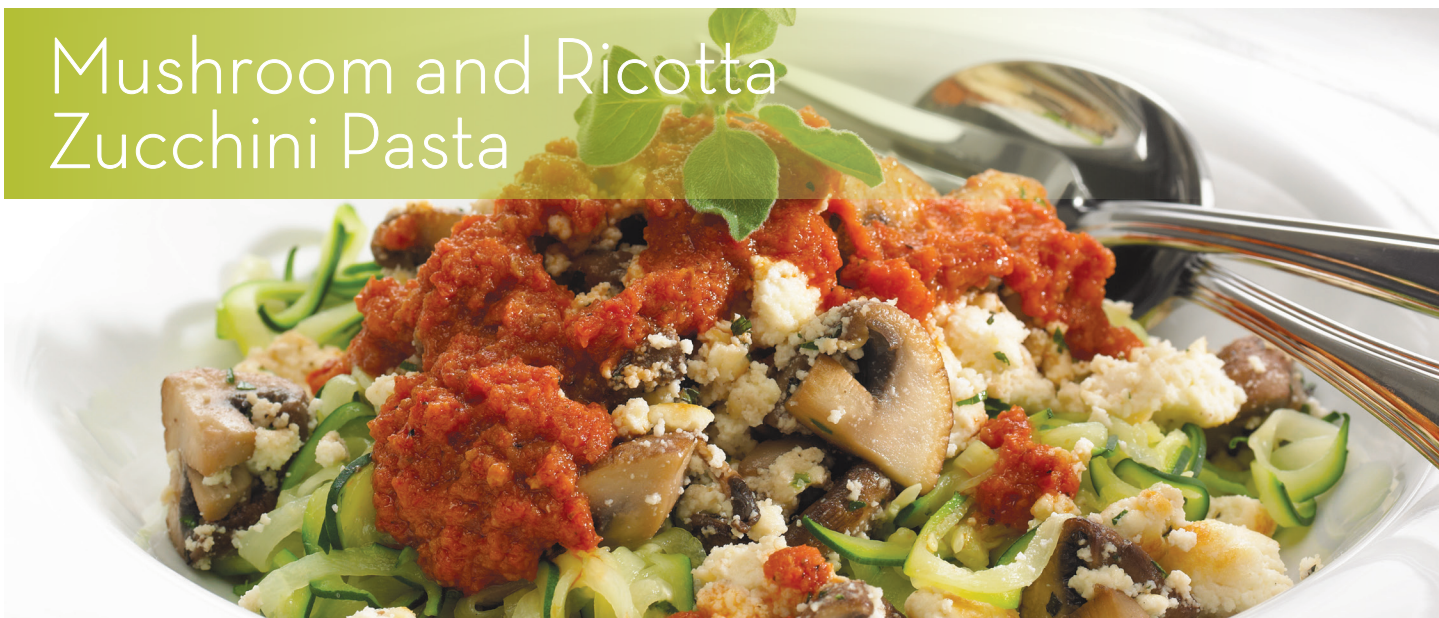



Mushroom and Ricotta Zucchini Pasta



 Yield: 4 servings

 Preparation : 20 minutes

 Cooking : 14 minutes

225 g (8 oz) of crimini mushrooms, stemmed and quartered
30 ml (2 tbsp) of olive oil
475 g (1 container) of **Saputo Ricotta cheese**
5 ml (1 tsp) of fresh oregano, finely chopped
Pinch of fresh thyme, finely chopped
15 ml (1 tbsp) of fresh parsley, finely chopped
3 medium zucchini, julienned
60 ml (4 tbsp) of store-bought sundried tomato pesto
Freshly ground salt and pepper (to taste)

In a non-stick pan over medium-high heat, sauté the mushrooms in olive oil until golden, about 5 minutes. Transfer the mushrooms to a bowl and add the ricotta to the pan. Cook the ricotta, stirring often, until the moisture has evaporated and the cheese is just beginning to brown, about 10 minutes. Remove from the heat. Fold in the herbs and mushrooms and season to taste.

Meanwhile, blanch the zucchini in boiling salted water for no more than 10 seconds. Drain well, reserving 60 ml (4 tbsp) of the cooking water, and divide the zucchini between 4 plates as you would pasta.

In a bowl, combine the sundried tomato pesto with the reserved cooking water to achieve a sauce-like consistency.

Place an equal amount of the mushroom-ricotta mixture on each plate of zucchini pasta and finish with the sauce. Serve promptly.

GOOD FOR YOU!

Zucchini, which is available year-round in grocery stores, is very low in calories. It contains many vitamins and minerals, including phosphorus, which helps maintain healthy bones and teeth.