



Sauteed White Mushrooms Scented with Orange and Marjoram

1 ½ pounds fresh white mushrooms
1 large orange
¼ cup olive oil
4 medium shallots, minced
2 Tablespoons minced
fresh marjoram leaves
1 teaspoon salt
¼ teaspoon freshly ground black pepper
½ package low protein spaghetti

1. Cook pasta, drain.
2. Wipe the mushrooms with a paper towel to loosen and remove any dirt. Trim and discard a thin slice from the stem end of each mushroom. Thinly slice the mushrooms and set them aside.
3. Remove the colored peel (but not the white pith) from the orange with a grater. Set 2 teaspoons grated zest aside. Squeeze ¼ cup juice from the orange and set it aside separately.
4. Heat the oil in a large sauté pan. Add the shallots and sauté over medium heat until the shallots have softened slightly, about 4 minutes.
5. Add the mushrooms and orange zest to the pan and cook, stirring occasionally, until the mushrooms are golden and considerably shrunken, about 8 minutes.
6. Stir in the orange juice, marjoram, salt and pepper. Cook, stirring occasionally, until the sauce has thickened, about 2 minutes.
7. Toss the hot pasta with the mushroom sauce. Mix well. Serve immediately.

½ cup serving: 30 mg phe
entire recipe: 650 mg phe

Adapted from Pasta e Verdura by Jack Bishop



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>