



Lori's Vegetarian Spaghetini

½ box spaghetini (cooked and drained)
½ pound mushrooms, sliced
½ large red onion, large dice
4 cloves garlic, diced, divided
½ green or red bell pepper
3 stocks of green onion chopped
1 tomato, deseeded and diced
1 tsp. oregano
1 tsp. thyme
¼ tsp. cayenne pepper
dash red pepper flakes
1 tsp. black pepper
½ cup of half and half or milk
¾-1 cup of red wine
½ cup grated parmesan cheese, divided
2-3 tbl. olive oil
2 tbl. butter
salt to taste

Preparation:

1. In a large fry pan on medium high heat sauté the mushrooms in two batches, each batch with 1 tbl. of butter and 1 tbl. of oil. Remove and place in a bowl.
2. Turn the heat down on the fry pan to medium low and sauté the onion and half of the garlic for about 3-4 minutes. Add in the green peppers, the mushrooms and the herbs and spices. Sauté for a couple minutes; then deglaze the pan with the wine.
3. After things settle down, put in the cooked spaghetini and toss until everything is incorporated and hot, about 2-3 minutes. At the very end add in the rest of the garlic, tomatoes, green onion, a dash of olive oil and the parmesan cheese. Toss for another minute or two, then serve with more parmesan freshly grated on top.

Serves 4 as a side dish.

This is a nice easy dish, yet quite tasty. We actually had it as our main course one evening recently. This dish goes great with the Emtu Estates Pinot Noir. And while you're thinking about Emtu's organic, sustainable farming approach, you should go and buy the ingredients – at least the vegetables – at your local farmers' market.

Recipe developed August 09 by Lori. Enjoy!