

Sun-dried Tomato Fusilli with Baby Spinach and Mushroom

- 300 grams fusilli (you can use fettuccine as well)
- 1 cup reserved pasta water
- ¼ cup sun-dried tomatoes
- 4-5 cloves garlic, minced
- 2 tomatoes, [blanched](#) and diced
- 3 tbsp tomato paste
- ½ cup low-fat yogurt
- ¼ cup sour cream
- 1 tsp sugar
- 2 cups baby spinach
- 1 cup mushroom, chopped
- Salt & pepper to taste
- Crushed red pepper flakes
- Olive oil

Instructions:

1. Cook pasta according to instructions on the packet or box. Reserve 1 cup of water.
2. In a bowl, mix together yogurt and sour cream with a spoon. Set aside.
3. Heat 3 tablespoons of olive oil. Add the chopped garlic, mushroom, and sun-dried tomatoes. Cook until fragrant.
4. Add tomatoes and fry until they're soft. Then add tomato paste. Mix well.
5. Add the yogurt-cream mix, stirring as you add it in the skillet. Simmer for about 5 minutes.
6. Season with salt and pepper. Add sugar. Mix well.
7. Add baby spinach and cook until the leaves are wilted.
8. Add cooked pasta. Mix well. Check the seasoning. Turn off heat. If the sauce is too thick, add the reserved pasta water, a little at a time.
9. Sprinkle crushed red pepper flakes on top.

Enjoy!

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