



Sweet Potato "Fettuccine" and Wild Mushroom Crostini

Servings

10

Calories

410

Prep Time

5 minutes

Total Time

24 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) package Sweet Potato "Fettuccine"

1 pound baguette, sliced into rounds

½ cup olive oil

6 tablespoons unsalted butter

8 ounces assorted wild mushrooms, cleaned, trimmed, and sliced into bite-sized pieces

salt and pepper, to taste

10 ounces soft goat cheese



The Method

Preheat oven to 350° F. Brush both sides of baguette rounds with olive oil and place on a baking sheet. Toast for 15 minutes or until the edges are crispy while the centers still have a little give.

Add butter to a medium-sized skillet on medium-high heat. When the butter just begins to brown, add Sweet Potato "Fettuccine." Cook, tossing periodically, for five minutes.

Add mushrooms and toss periodically for four minutes or until the Sweet Potato "Fettuccine" and mushrooms are thoroughly cooked. Remove from heat and stir in salt and pepper.

Spread goat cheese on one side of each toasted round and top with the Sweet Potato "Fettuccine" and mushroom mixture. Serve warm.

Nutrition Facts

Serving Size: 150g | Servings: 10

Amount Per Serving

Calories 410 | Calories from Fat 210 | Total Fat 24g (sat fat 10g trans 0g) | Cholesterol 30mg | Sodium 570mg | Total Carbohydrate 38g | Dietary Fiber 3g | Sugars 2g | Protein 13g | Vitamin A 110% | Vitamin C 2% | Calcium 6% | Iron 15%