



Makes 4 bowls
Preparation Time: 45 minutes
Cook Time: 50 minutes

INGREDIENTS:

8 oz. assorted fresh mushrooms, such as shiitake, cremini, button, or oyster, sliced or quartered

3 cups cubed eggplant, peeled if desired

2 medium shallots, thinly sliced (about $\frac{3}{4}$ cup)

1 15-oz. can no-salt-added cannellini beans, rinsed and drained (1 $\frac{1}{2}$ cups)

1 cup multicolor or red cherry tomatoes, halved

6 cloves garlic, minced

1 $\frac{1}{2}$ teaspoons sea salt

2 teaspoons chopped fresh rosemary or thyme

$\frac{2}{3}$ cup balsamic vinegar

1 tablespoon pure maple syrup

12 oz. dry whole grain fettuccine

3 small zucchini, trimmed (5 to 6 oz. each)

Whole Grain Fettuccine with Zoodles and Balsamic-Glazed Vegetables

Bursting with Mediterranean flavor, these chilled noodle bowls are perfect for a warm day and can also be served hot or at room temperature. Tender **eggplant**, umami-rich mushrooms, and tangy cherry tomatoes get rich and saucy on the stovetop. A few snips of fresh rosemary add an herbal depth (thyme works well, too), and creamy cannellini beans add extra staying power. Serve atop whole grain fettuccine with a handful of zoodles (spiralized **zucchini** noodles) and a drizzle of an easy balsamic reduction. This is an excellent meal for the entire family; **kids** love noodles and zoodles, and so do adults! If you don't have a spiralizer, a julienne peeler also works.

Tips

To Make Ahead: Prepare as directed through Step 3. Store noodles, mushroom mixture, and dressing in separate airtight containers in the refrigerator for up to 3 days. When ready to serve, continue as directed in steps 4 and 5.

Gluten-free: You can make this noodle bowl gluten-free by using gluten-free whole grain linguine or fettuccine.

For more inspiration, check out these tasty ideas:

- [Spicy Cold Noodle Salad with Soy-Lime Dressing](#)
- [Lebanese 7-Spice Noodle Bowl with Eggplant and Roasted Garlic](#)
- [Chilled Noodle Bowls with Mixed Veggies and Minted Pea Dressing](#)
- [Summer Noodle Bowls with Fresh Corn and Blackberries](#)

By Laura Marzen, RD, LD

- 1 In an extra-large skillet cook mushrooms, eggplant, and shallots over medium 6 to 8 minutes or until almost tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add beans, tomatoes, garlic, and 1 teaspoon of the salt. Cook, covered, 3 to 5 minutes or until tomatoes are softened and vegetables are tender, stirring occasionally. Stir in rosemary. Transfer to a 3-qt. rectangular baking dish. Cover and chill at least 1 hour.
- 2 For dressing, add vinegar and maple syrup to skillet used for vegetables. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 7 minutes or until reduced to about $\frac{1}{3}$ cup. Remove from heat. Transfer to a small bowl; cover and chill at least 1 hour.
- 3 Meanwhile, in a 6- to 8-quart heavy pot cook noodles according to package directions. Reserve $\frac{1}{4}$ cup of the cooking water, then drain noodles in a large colander; rinse with cold water to cool quickly. Drain again. Transfer noodles to a large bowl. Add 2 to 3 tablespoons of the reserved cooking water so they stay loose.
- 4 Use a spiralizer or julienne peeler to cut zucchini into zoodles.

Spread zoodles in a large shallow pan lined with a double thickness of paper towels (or a clean kitchen towel). Sprinkle zoodles with the remaining ½ teaspoon salt. Let stand 15 minutes. Wrap the paper towels around zoodles and gently squeeze to remove some of the liquid.

- 5 Divide noodles and zoodles among four shallow bowls. Add chilled mushroom mixture. Drizzle with dressing.