

Mushroom Stroganoff

1/2 lb. Flat Egg Noodles

☐ Add egg noodles to salted boiling water. Cook as per package directions.

1 Tbsp Butter

1 Small Onion - finely chopped

2 Cloves Garlic - crushed

1/2 lb. Mushrooms. Cut into bite size pieces.

1 Tbsp Dry Parsley

☐ Melt butter in pan. Add onions and fry until clear.

☐ Add garlic.

☐ Add mushrooms. Do not overcook.

☐ Add parsley when mushrooms are almost done.

3 Dash Worcestershire Sauce

1 Cup Cottage Cheese

1/2 Cup Plain Yogurt

Salt and Pepper to taste.

☐ Remove from heat.

☐ Stir in Worcestershire Sauce

☐ Add cottage cheese and yogurt. Mix

☐ Add salt and pepper to taste.

☐ Serve with egg noodles.

Yield: Serves 2

Comments: 1) Makes a great vegetarian dish.

2) PETA approved.....as mushrooms do not have feelings!