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*Our Heart "Beets" Plant Strong*

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## Mushroom Stroganoff

### Ingredients:

- 1 leek, diced
- 3 cloves garlic, chopped fine
- 1 lb. portobello mushroom, sliced
- 2 tbsp tapioca flour
- 2 Tbsp tomato paste
- 2 Tbsp Dijon mustard
- 2 tsp low sodium tamari
- 1 tsp dried thyme
- 2 Tbsp Kite Hill Plain Almond Yogurt
- Black pepper to taste
- Smoked paprika, sprinkled on top
- Parsley, chopped for garnish

*\*Cooked Ziti pasta*

### Directions:

1. Sauté leek and garlic in water until soft.
2. Add in mushroom and continue to sauté.
3. In a small dish, mix tapioca flour with ¼ cup warm water.
4. Add tapioca flour mix, tomato paste, Dijon, and tamari – mix thoroughly and simmer for 2 to 3 minutes.
5. Add dried thyme, yogurt and black pepper to taste – mix well.
6. Serve over ziti pasta. Garnish with smoked paprika and chopped parsley.

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories 76</b>	
<b>% Daily Value *</b>	
<b>Total Fat</b> 1 g	<b>1 %</b>
Saturated Fat 0 g	<b>1 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 314 mg	<b>13 %</b>
<b>Potassium</b> 499 mg	<b>14 %</b>
<b>Total Carbohydrate</b> 11 g	<b>4 %</b>
<b>Dietary Fiber</b> 2 g	<b>9 %</b>
<b>Sugars</b> 4 g	
<b>Protein</b> 5 g	<b>9 %</b>
Vitamin A	<b>10 %</b>
Vitamin C	<b>14 %</b>
Calcium	<b>6 %</b>
Iron	<b>9 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

*\*nutrition facts for sauce only*