

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION  
DR. JEREMY M. GORDON

905 NORTH STONE STREET  
DELAND, FL 32720



PHONE (386)734-9995  
FAX (386)734-9949

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*Nutritional Counseling   DRX Spinal Decompression   Chiropractic   Acupuncture   Comprehensive Blood Analysis*

## MUSHROOM-SPINACH ROTINI

**Ideal Protein Rotini** - Tomato, Spinach, Mushroom Rotini  
(Phase 1-4) Makes 2 portions

2 Ideal Protein Rotini packets  
1 small can Stewed Tomatoes (Optional)  
1/2 cup sliced Mushrooms  
1/4 cup diced Onions  
1tbsp chopped fresh Basil  
a small bunch of Fresh Spinach leaves  
Go Veggie Parmesan shreds  
Sea salt and Pepper to taste.

**Directions:**

Cook Pasta for 12-15 minutes

In small skillet add olive oil on medium heat, add in mushrooms, onions and spinach leaves, cook and stir until mushrooms and spinach are tender, add stewed tomatoes(Optional) and basil simmer for 5-10 minutes.

Drain and add Pasta, pan toss to coat Pasta.

