
Low-Glycemic Whole Wheat Fettuccine with Sautéed Swiss Chard and Mushrooms

A blood sugar-friendly Italian pasta featuring nutrient-dense Swiss chard, earthy mushrooms, and whole wheat fettuccine for sustained energy without the spike.

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 4

GL 15.6 / GI 35

Ingredients

Healthy monounsaturated fats slow carbohydrate absorption extra virgin olive oil

Lower GI than onions, adds sweet depth shallots, finely chopped

May improve insulin sensitivity garlic cloves, thinly sliced

Low GI, high in beta-glucans for blood sugar control cremini or button mushrooms, sliced

Rich in magnesium and alpha-lipoic acid for glucose metabolism fresh Swiss chard, stems removed, leaves chopped into 1-inch pieces

GI: 37-42, significantly lower than white pasta (GI: 58-65) whole wheat fettuccine, uncooked

Contains piperine which may enhance nutrient absorption freshly cracked black pepper

Protein and fat help blunt glucose response freshly grated Parmesan cheese

Instructions

Step 1

Bring a large pot of water to a rolling boil for the pasta. Meanwhile, prepare all vegetables: finely chop the shallots, thinly slice the garlic cloves and mushrooms, and roughly chop the Swiss chard leaves into bite-sized pieces, discarding the tough stems.

Step 2

Heat the olive oil in a large, deep skillet over medium heat until shimmering. Add the chopped shallots and sauté for 2-3 minutes until they become translucent and fragrant, stirring occasionally to prevent browning.

Step 3

Add the sliced garlic and mushrooms to the skillet. Continue sautéing for 4-5 minutes, stirring frequently, until the mushrooms release their moisture and begin to turn golden brown at the edges. The vegetables should be tender and aromatic.

Step 4

Add the whole wheat fettuccine to the boiling water and cook for 10-12 minutes until al dente, following package directions. Before draining, reserve 1/4 cup of the starchy pasta cooking water in a measuring cup—this will help create a silky sauce.

Step 5

While the pasta cooks, add all the chopped Swiss chard to the skillet with the mushroom mixture. Reduce heat to medium-low and cover the pan. Cook for 3 minutes, then use tongs to turn the chard, moving the wilted leaves to the top and uncooked leaves to the bottom. Cover and cook for another 3 minutes until all leaves are completely wilted and tender. Season with sea salt.

Step 6

Drain the cooked pasta thoroughly in a colander and return it to the empty pot. Add the sautéed Swiss chard and mushroom mixture along with the reserved pasta water. Toss everything together vigorously for 1-2 minutes until the pasta is evenly coated and the sauce clings to the noodles.

Step 7

Divide the pasta among four warmed shallow bowls. Top each serving with a generous grinding of freshly cracked black pepper and 1 tablespoon of grated Parmesan cheese. Serve immediately while hot.

Step 8

For optimal blood sugar control, eat the vegetables and greens first, then the pasta. This eating sequence can reduce post-meal glucose spikes by up to 73% compared to eating the pasta first. Consider adding grilled chicken, white fish, or cannellini beans to further moderate glycemic response.