

Pasta with Sun Dried Tomatoes

Nutritional information on back.



Fold or cut here to fit in recipe box.

Pasta with Sun Dried Tomatoes

- 1½ Tbsp. extra virgin olive oil, divided
- ¼ cup pine nuts
- 1 cup sun dried tomatoes, packed dry - not in oil
- 1 cup boiling water
- 6 cloves garlic, pressed
- ¼ tsp. salt
- ¼ tsp. red pepper, or to taste
- ¼ tsp. black pepper
- 1½ Tbsp. dried Italian seasoning
- ½ pound whole-grain fettuccine
- 1 oz. freshly ground Parmesan cheese



Heat ½ Tbsp. oil over medium heat in small skillet. Add pine nuts and stir frequently until lightly browned. Place in small bowl and set aside. Place tomatoes in a small bowl. Pour boiling water over them and let them soak until tender. Drain tomatoes, reserving the liquid. Coarsely chop tomatoes and set aside. Heat remaining oil in small skillet over medium heat. Add garlic, chopped tomatoes, salt, red and black pepper and Italian seasoning. Stir frequently until garlic is browned. Add the reserved tomato liquid. Cook pasta al dente according to package directions. Drain pasta and gently, but thoroughly, toss with sauce and stir until liquid is absorbed. Top each serving with equal amounts of pine nuts and Parmesan cheese. Makes 5 servings.

Nutritional information per serving

300 calories, 12 g total fat (2 g saturated fat), 38 g carbohydrates, 12 g protein, 8 g dietary fiber, 450 mg sodium.