

# Pasta with Sun Dried Tomatoes

Makes 5 servings

- 1 1/2 Tbsp. extra virgin olive oil, divided
- 1/4 cup pine nuts
- 1 cup sun dried tomatoes, packed dry – not in oil
- 1 cup boiling water
- 6 cloves garlic, pressed
- 1/4 tsp. salt
- 1/4 tsp. red pepper, or to taste
- 1/4 tsp. black pepper
- 1 1/2 Tbsp. dried Italian seasoning
- 1/2 lb. whole-grain fettuccine
- 1 oz. freshly ground Parmesan cheese

1. Heat 1/2 Tbsp. oil over medium heat in small skillet. Add pine nuts and cook, stirring frequently until lightly browned. Place in small bowl and set aside.
2. 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.
3. 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 to the mix.
4. 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.

Incorporating **nuts** into your diet is a great way to include more plant-based protein sources. According to experts, eating more plant foods offers increased cancer protection, thanks to their wealth of vitamins, minerals and phytochemicals.

With research suggesting a link between increased whole-grain consumption and a lower risk of heart disease, diabetes and cancer, experts continue to encourage Americans to eat more **whole grains**.

*Per serving:* 300 calories, 12 g total fat (2 g saturated fat), 38 g carbohydrate, 12 g protein, 8 g dietary fiber, 450 mg sodium.