

PASTA WITH TOMATO, KALAMATA OLIVES AND ARUGULA

INGREDIENT LIST:

2¼ cups chopped plum tomatoes
¼ cup chopped pitted Kalamata olives
1½ tablespoons olive oil
¼ teaspoon salt
¼ teaspoon ground black pepper
2 garlic cloves, minced

6 cups hot cooked whole-wheat fusilli or penne pasta
3 cups baby arugula
2 ounces shaved fresh pecorino Romano cheese

DIRECTIONS:

Combine first 6 ingredients in a large bowl. Add hot pasta and arugula. Toss gently. Divide pasta mixture among 4 bowls, and sprinkle with cheese.

*Time Saver Tip: Cook the whole box of pasta according to package directions. Freeze the leftovers in a freezer bag, reheat for later use.

Servings: 4

Calories/Serving: 386

Nutrition: One serving provides approximately: 14 g Protein, 45 g Carbohydrates, 6 g Fiber, 16 g Fat (3.5 g saturated), 15 mg Cholesterol, 25 mcg Folate, 2 mg Iron, 587 mg Sodium



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A branch of the Wheat Foods Council