

Artichoke Parmesan Pasta



INGREDIENTS

(Makes 4-6 servings)

- ½ pound pasta shells
- ½ red bell pepper, diced
- ½ green bell pepper, diced
- 1 tablespoon fresh garlic, minced
- 1 14-ounce can artichoke hearts, quartered, drained and rough-chopped into large pieces
- ½ cup mixed chopped olives or chopped pitted kalamata olives
- 2 teaspoons capers
- 1 teaspoon juice from capers
- ½ cup shredded parmesan cheese
- 4 tablespoons fresh basil, minced
- 4 tablespoons olive oil
- 2 tablespoons lemon juice
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper

PREPARATION

1. Cook pasta until al dente and drain.
2. Heat 2 tablespoons of the olive oil in a skillet, and sauté the bell peppers and garlic for 2-4 minutes.
3. Add artichokes, olives, capers and caper juice and sauté a couple minutes more.
4. Toss the pasta with the sautéed vegetables, 2 tablespoons of olive oil, lemon juice, basil, salt, pepper and parmesan. Serve cold or at room temperature.

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SHOPPING LIST

Produce

- 1 red bell pepper
- 1 green bell pepper
- 1 lemon
- Fresh garlic

Grocery

- Olives
- Pasta shells
- 1 14-ounce can artichoke hearts
- Capers
- Olive oil

Spices/Seasonings

- Fresh basil
- Lemon juice
- Sea salt
- Ground black pepper

Dairy

- Parmesan cheese

SERVING SUGGESTION

Delicious served with green salad and garlic bread. For a non-vegetarian pasta dish, serve with Italian sausage or meatballs.

NUTRITIONAL INFORMATION

Per Serving: 232 calories, 5 g. fat, 34 mg. cholesterol, 36 g. carbohydrate, 7 g. dietary fiber, 11 g. protein, 388 mg. sodium

This Rush Hour Recipe courtesy of:

Seward Co-op Grocery & Deli, Minneapolis, Minn.

