Italian Fusilli With Sun-Dried Tomatoes and Artichoke Hearts

Source: Get Healthy, Go Vegan by Neal Barnard, MD; recipe by Robyn Webb

The sun-dried tomatoes and artichokes in this dish are the perfect pair. The flavors are even more striking the next day.

About the Recipe

401 Calories · 15 g Protein · 11 g Fiber
Dinner
Nut-free

Ingredients

Makes 4 Servings

- 1/2 c (27 g) sun-dried tomatoes
- 1/4 c (60 mL) vegetable broth
- 1 medium onion, coarsely chopped
- 3 garlic cloves, minced
- 1 14-oz (397-g) can artichoke hearts, drained and quartered
- 1/2 c (120 mL) dry white wine
- Iodized salt **optional*
- Ground black pepper **optional*
- 2 tsp (10 mL) fresh oregano, chopped
- 1/4 c (5 g) loosely packed fresh basil, thinly sliced
- 10 oz (283 g) fusilli pasta, preferably whole wheat

Directions

1. Cover the sun-dried tomatoes with boiling water in a small bowl and let stand for about 10 minutes to soften. Drain and slice tomatoes into thin strips. Set aside.
2. Heat the broth over medium-high heat. Add the onion and garlic and saute for 3 to 5 minutes, until softened and translucent. Add the tomatoes, artichoke hearts, wine, salt, and black pepper. Lower heat and simmer for 5 minutes. Stir in the oregano and basil.
3. Meanwhile cook the pasta according to package directions until al dente. Drain. Toss the pasta with the artichoke mixture.

Nutrition Facts

Per Serving

Calories: 377 kcal
Fat: 4 g
    Saturated Fat: 0.5 g
    Calories From Fat: 8%
Cholesterol: 0 mg
Protein: 15 g
Carbohydrates: 61 g
Sugar: 6 g
Fiber: 12 g
Sodium: 197 mg
Calcium: 65 mg
Iron: 4.6 mg
Vitamin C: 9.5 mg
Beta-Carotene: 150 mcg
Vitamin E: 0.6 mg