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
- Ground black pepper
- 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