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