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

• sun-dried tomatoes (1/2 cup)
• vegetable broth (1/4 cup)
• medium onion, coarsely chopped (1)
• garlic cloves, minced (3)
• artichoke hearts, drained and quartered (1 (14-ounce) can)
• dry white wine (1/2 cup)
• sea salt (to taste)
• freshly ground black pepper (to taste)
• fresh oregano, chopped (2 tsp.)
• loosely packed fresh basil, thinly sliced (1/4 cup)
• fusilli pasta, preferably whole wheat (1 (10-ounce) package)

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:** 401  
**Protein:** 14.8 g  
**Carbohydrate:** 76.3 g  
**Sugar:** 5.7 g  
**Total Fat:** 2.3 g  
**Calories from Fat:** 4.9%  
**Fiber:** 10.6 g  
**Sodium:** 525 mg