



Penne with Herbs, Tomatoes, and Peas

Showcase the many cherry tomatoes from your garden in Penne with Herbs, Tomatoes, and Peas.

Cooking Light JUNE 2013

Yield: Serves 4 (serving size: 1 1/2 cups)

Hands-on: 20 Minutes

Total: 20 Minutes

Photo by: Photo: Johnny Miller; Styling: Sarah Smart

Ingredients

8 ounces uncooked penne pasta	1/2 teaspoon kosher salt
1 cup frozen green peas, thawed	1/4 teaspoon freshly ground black pepper
3 tablespoons extra-virgin olive oil	1/3 cup thinly sliced fresh basil leaves
6 garlic cloves, thinly sliced	3 tablespoons chopped fresh flat-leaf parsley
3 cups cherry tomatoes, halved	1 ounce fresh Parmesan cheese, shaved (about 1/4 cup)

Preparation

1. Cook pasta according to package directions, omitting salt and fat. Add peas during last 2 minutes of cooking. Drain.
2. Heat a large nonstick skillet over medium-low heat. Add oil; swirl to coat. Add garlic; cook 4 minutes or until garlic begins to brown, stirring occasionally. Increase heat to medium-high. Add tomatoes to pan; cook 1 minute. Add pasta mixture, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally. Stir in basil and parsley. Sprinkle with cheese.

Note:
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Nutritional Information

Amount per serving

Calories: 381 Fat: 13.4g Saturated fat: 2.9g Monounsaturated fat: 8g Polyunsaturated fat: 1.3g
Protein: 13.7g Carbohydrate: 53.3g Fiber: 4.9g Cholesterol: 6mg Iron: 3.1mg Sodium: 396mg
Calcium: 126mg

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