



Sun Dried Tomato Alfredo Pasta

INGREDIENTS:

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| ½ teaspoon | Olive oil |
| 1 Tablespoon | Garlic, minced |
| ¼ cup | Sun dried tomatoes, hydrated in hot water |
| 1 1/3 cups | Skim milk |
| 4 Tablespoon | Fat-free cream cheese |
| ½ cup | Parmesan cheese |
| ¼ teaspoon | Salt |
| Pinch | White pepper |
| 4 cups | Whole wheat penne pasta, cooked |
| 1 cup | Asparagus tips, steamed |
| 1 cup | Broccoli florets, steamed |
| ½ cup | Sun dried tomatoes, hydrated and chopped |
| 4 each | Basil leaves, fresh for garnish (optional) |
| 4 Tablespoon | Parmesan cheese, fresh, grated (garnish) |

PREPARATION:

- Heat sauté pan over medium-high heat.
- Add olive oil.
- Add garlic; sauté for one minute.
- Add sun dried tomatoes plus 2 tablespoons of the water they were hydrated in.
- Lower the heat to medium.
- Gradually add milk and fat free cream cheese.
- Add remaining seasonings (salt and white pepper).
- Take off heat and put in blender, and blend until smooth.
- Return sun dried tomato Alfredo back to low heat
- Once sauce is warm, pull sauce off burner and stir in parmesan.
- Add one cup of hot, cooked pasta into a bowl and ladle two ounces of Alfredo sauce across the top. Or place sauce in bowl, then add the pasta, and toss until pasta is evenly coated with sauce.
- Then toss in hot cooked vegetables and place in large pasta bowl.
- Top with fresh, grated parmesan cheese and serve warm.

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| Number of servings: | 4 |
| Serving Size: | 2 ounces |
| Calories per serving: | 105 |
| Fat Grams per serving: | 5 |

