



Sun Dried Tomato Alfredo Pasta

INGREDIENTS:

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.

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

