

Smoky Tomato, Roasted Red Pepper, and Arugula Pasta

Ingredients:

8 ounces pasta	1 teaspoon paprika
2 teaspoons olive oil, divided	1/2 teaspoon red pepper flakes
1 shallot, minced	1/4 teaspoon salt
1 garlic cloves, minced	1/4 teaspoon pepper
1 cup grape tomatoes, halved	2 cups arugula
1/2 cup roasted red peppers, chopped	2 ounces mozzarella cheese, diced
1/4 cup fresh basil, chopped and divided	1/4 cup parmesan cheese

Directions:

1. Cook pasta according to package directions, reserving 1/4 cup of pasta cooking water.
2. While the pasta is cooking, heat 1 teaspoon olive oil in a large pan over medium heat. Add the shallot and garlic and cook until soft and fragrant, about 6 minutes.
3. Add the tomatoes, roasted red pepper, half the basil, paprika, crushed red pepper flakes, salt, and pepper and stir to combine with shallot mixture. Let the mixture cook for another 5 – 6 minutes until the tomatoes begin to soften.
4. Add the arugula to the pan and drizzle the remaining 1 teaspoon of olive oil over the arugula. Stir to combine and cook until the arugula wilts.
5. Turn the heat to low and stir in the mozzarella cheese.
6. Add the cooked pasta and the pasta water and stir until combined. Top with parmesan cheese and serve.

Nutrition Facts	
Serving Size 3/4 cup (175g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 50g	17%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 16g	
Vitamin A 35%	• Vitamin C 60%
Calcium 25%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
 (907) 631-7630
 southcentralfoundation.com

Source: tastykitchen.com

