

LiveBetter with MedWatch

Angel Hair with Pink Tomato Sauce, Peas & Roasted Peppers

Ingredients

- 4 ounces angel hair or cappellini, uncooked
- 3 medium or 2 large ripe plum tomatoes (about ½ pound), cored and quartered
- ½ Tbsp. olive or vegetable oil
- 1 clove garlic, thinly sliced
- 1 large pinch hot red pepper flakes
- ½ cup frozen peas, thawed and drained
- 1/3 cup diced roasted red pepper
- ½ tsp. dried basil
- 3 Tbsp. grated Parmesan cheese

Preparation

1. Prepare pasta according to package directions.
2. Place tomatoes in a blender or food processor and blend until very smooth and light pink (about 1 minute). Set aside.
3. Heat oil in a large skillet over medium heat.
4. Add garlic and red pepper flakes and sauté for 30 seconds.
5. Add peas, roasted red peppers, and basil and stir 1 minute.
6. Add pureed tomatoes and heat just to boiling.
7. Remove sauce from the heat.
8. Drain pasta and transfer to the skillet. Stir over medium heat until the pasta is well mixed with sauce.
9. Divide pasta between two serving bowls.
10. Sprinkle with grated Parmesan cheese and serve immediately.

Makes 2 servings.



Nutrition Analysis

Per serving: 370 calories, 8 g fat (2.5 g saturated fat), 15 g protein, 60 g carbohydrates, 10 mg cholesterol, 240 mg sodium



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