

LiveBetter with MedWatch

Pasta with Red Pepper Pesto

Ingredients

- 1 (12-ounce) jar or can roasted red bell peppers, drained
- 1 cup firmly packed fresh basil leaves, plus a few basil sprigs
- 1 clove garlic, minced
- 1/3 cup freshly grated parmesan cheese, plus 1/3 cup thin shavings (2 ounces total)
- 3/4 pound Asian eggplant, sliced crosswise 3/4 inch thick
- 1 pound yellow and green zucchini or squash, sliced diagonally 1/2 inch thick
- 2 tsp. olive oil
- 2 cups coarsely chopped tomatoes
- 3/4 lb. dried fusilli or penne pasta
- salt and freshly ground pepper

Preparation

1. In a blender, whirl red peppers, basil leaves, garlic and grated Parmesan until basil is finely chopped.
2. Place eggplant and 1/4 cup water in 10-inch nonstick frying pan.
3. Cover tightly and bring to a boil over high heat. Reduce heat; simmer until eggplant is tender when pierced (about 5 minutes); uncover.
4. Add 1/2 of the zucchini and 1/2 of the oil.
5. Over high heat, turn vegetables often until well browned (8 to 12 minutes).
6. Drain, return to pan, and stir in red pepper mixture.
7. Mound pasta and vegetables in a dish. Garnish with basil sprigs and top with cheese shavings. Mix at the table. Add salt and pepper to taste.

Makes 4 servings.

Nutrition Analysis

Per serving: 502 calories, 8 g fat (3.6 g saturated fat), 22 g protein, 55 g carbohydrates, 43 mg cholesterol, 740 mg sodium, 2 g dietary fiber



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