



# RECIPE

October 15, 2010

## Creamy Herbed Tomato Pasta

Time: Prep 15 minutes, Cook 10 minutes. Yield: 4 (1 cup) servings.

- 1 tablespoon chopped sun-dried tomatoes (packed without oil)
- 1 tablespoon hot water
- 1 tablespoon chopped fresh basil
- 2 tablespoons light cream cheese, softened
- 2 tablespoons canned low-sodium chicken broth
- 1 teaspoon chopped fresh oregano
- 1 teaspoon minced garlic
- 1 teaspoon lemon juice
- 1/8 teaspoon dried crushed red pepper
- 4 Roma or Plum tomatoes, sliced
- 1 sliced red or yellow pepper
- 1 medium zucchini, sliced
- 4 ounces pasta, cooked

1. Combine sun-dried tomatoes and water in a small bowl, cover and let stand 15 minutes. Drain well, and set aside.

2. Combine basil and next 6 ingredients, stirring well.

3. Meanwhile, cook pasta according to package directions, omitting salt and fat; drain. Place pasta in a serving bowl. Add remaining fresh vegetables and cream cheese mixture; toss gently. Serve immediately.

Per Serving:

Calories 140

Carbohydrate 23g

Protein 4.5g

Fat 2.3g

Fiber 1.2g

Cholesterol 6mg

Sodium 50mg

Calcium 11mg

Exchanges: 1 1/2 Grain, 1 vegetable

Taken from *The One Pot Deal Cooking Class*, by Colleen Lammell, RD,LD