



Linguine Arrabbiata

Prep: 10 minutes • Cook: 20 minutes • Serves: 6

- 1 package (13.25 ounces) whole wheat linguine
 - 1 teaspoon olive oil
 - 2 garlic cloves, chopped
 - 16 pitted kalamata olives, each quartered
 - $\frac{3}{4}$ teaspoon crushed red pepper flakes
 - 2 cans (14.5 ounces each) Italian style diced tomatoes
 - 2 tablespoons coarsely chopped fresh basil leaves
 - $\frac{1}{2}$ teaspoon kosher salt
 - $\frac{1}{4}$ teaspoon ground black pepper
 - 3 tablespoons coarsely chopped fresh Italian parsley leaves
- Finely shredded Parmesan cheese (optional)

1. Heat large covered saucepot of salted water to boiling over high heat. Add linguine and cook as label directs. Drain pasta, then return to saucepot.

2. Meanwhile, in large skillet, heat oil over medium heat. Add garlic, olives and crushed red pepper, and cook 1 minute, stirring constantly. Stir in tomatoes with juice, basil, salt and pepper, and cook 2 to 3 minutes or until heated through, stirring occasionally.

3. Add tomato mixture and parsley to pasta. With tongs, toss pasta until well coated with sauce. Serve pasta in warm pasta bowls with cheese, if desired.

Approximate nutritional values per serving: 293 Calories, 7g Fat (22% of total calories), 1g Saturated Fat (13% of total calories), 0mg Cholesterol, 569mg Sodium, 56g Carbohydrates, 8g Fiber, 8g Protein

*Dietary Exchanges:
4 Starch; 1 Protein; 1 Fat*

This dish is vegetarian, contains whole grains, is low in saturated fat, is a good source of fiber and is high in lycopene (an antioxidant) from tomatoes.