

Lemon, Basil, and Artichoke Pasta

Swick

Serves 1 | Active Time: | Total Time:

Chef's Notes

Nutritional Information Per Serving:

Calories 387

Fat 8g

Sodium 368mg

Carbohydrates 63g

Fiber 6g

Sugar 3g

Protein 13g

Step 1: Make the Pasta

- 1 (16-ounce) package rotini
- 1 (6-ounce) jar artichoke hearts, drained and chopped
- 2 large tomatoes, cored and chopped
- 1/2 cup minced fresh basil
- 1/2 cup sliced Kalamata olives
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried rosemary
- 2 tablespoons nutritional yeast
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Prepare pasta according to package directions.

In a large saucepan over low heat, combine all ingredients and add the cooked pasta.

Stir to mix well and cook 3–4 minutes until heated through.

Serve immediately.