



RECIPE OF THE WEEK

PASTA WITH FIVE FRESH HERBS



- 1 pound uncooked penne or rigatoni pasta
- 4 teaspoons extra virgin olive oil, divided
- 1/4 cup chopped fresh basil
- 1/2 teaspoon chopped fresh oregano
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 pints fresh cherry tomatoes
- 1 garlic clove minced
- 1 tablespoon chopped fresh chives
- 1/2 teaspoon chopped fresh thyme
- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons chopped fresh parsley
- 1/2 cup (approx. 3 ounces) goat cheese, crumbled

Cook pasta according to package directions, omitting salt and fat; drain. Place in a large bowl. Add 2 teaspoons olive oil, basil, oregano, salt and pepper to hot pasta. Toss well to combine.

Heat remaining 2 teaspoons oil in a large non-stick skillet over medium-high heat. Add tomatoes and garlic; sauté 1 additional minute or until tomatoes are slightly charred and skins are just beginning to burst. Add broth; bring to a boil. Cook over high heat 1 minute. Add tomato mixture, fresh chives, fresh thyme and parsley to pasta; toss gently to combine. Sprinkle with cheese; serve immediately.

Yield: 6 servings

Serving Size: 1 1/2 cups pasta and about 1 1/2 tablespoons cheese

Nutritional Breakdown Per Serving

379 calories	3.8 grams fiber
61.9 grams carbohydrate	313 mg. sodium
14.6 grams protein	
8.8 grams fat (2.3 g saturated)	