

# Italian Fusilli With Sun-Dried Tomatoes and Artichoke Hearts

Source: Get Healthy, Go Vegan by Neal Barnard, MD; recipe by Robyn Webb

The sun-dried tomatoes and artichokes in this dish are the perfect pair. The flavors are even more striking the next day.

## About the Recipe

**401 Calories · 15 g Protein · 11 g Fiber**

**Dinner**

**Nut-free**

## Ingredients

***Makes 4 Servings***

- 1/2 c (27 g) sun-dried tomatoes
- 1/4 c (60 mL) vegetable broth
- 1 medium onion, coarsely chopped
- 3 garlic cloves, minced
- 1 14-oz (397-g) can artichoke hearts, drained and quartered
- 1/2 c (120 mL) dry white wine
- Iodized salt
- Ground black pepper
- 2 tsp (10 mL) fresh oregano, chopped
- 1/4 c (5 g) loosely packed fresh basil, thinly sliced
- 10 oz (283 g) fusilli pasta, preferably whole wheat

## Directions

1. Cover the sun-dried tomatoes with boiling water in a small bowl and let stand for about 10 minutes to soften. Drain and slice tomatoes into thin strips. Set aside.
2. Heat the broth over medium-high heat. Add the onion and garlic and saute for 3 to 5 minutes, until softened and translucent. Add the tomatoes, artichoke hearts, wine, salt, and black pepper. Lower heat and simmer for 5 minutes. Stir in the oregano and basil.
3. Meanwhile cook the pasta according to package directions until al dente. Drain. Toss the pasta with the artichoke mixture.

## Nutrition Facts

*Per Serving*

**Calories:** 377 kcal

**Fat:** 4 g

**Saturated Fat:** 0.5 g

**Calories From Fat:** 8%

**Cholesterol:** 0 mg

**Protein:** 15 g

**Carbohydrates:** 61 g

**Sugar:** 6 g

**Fiber:** 12 g

**Sodium:** 197 mg

**Calcium:** 65 mg

**Iron:** 4.6 mg

**Vitamin C:** 9.5 mg

**Beta-Carotene:** 150 mcg

**Vitamin E:** 0.6 mg