

SUN-DRIED TOMATO PASTA SALAD

INGREDIENTS

- 1 lb** Pasta (penne **OR** rottini **OR** spirals)
- 1 C** Asparagus tips (fresh **NOT** frozen)
- 4 cloves** Garlic (minced)
- 2 T** Extra virgin olive oil (might need more)
- 1 bunch** Basil (chopped)
- Salt & pepper to taste
- 1 C** Sun-dried tomatoes in oil
- Non-stick cooking spray

DIRECTIONS

- 1** Cook pasta according to directions & drain
- 2** Spray a large saute pan with non-stick cooking spray
- 3** Saute asparagus tips in garlic, olive oil & sprinkly salt & pepper to taste
- 4** Add asparagus & basil to the pasta & then mix in the sun-dried tomatoes
- 5** Check seasoning & add to your taste
- 6** Refrigerate for 1 hour or longer before serving

NOTES

Optional additions can include

- 1** Low fat shredded cheese for a dairy meal
- 2** Salmon
- 3** Chicken for a meat meal

