

rotini with **spicy red pepper** and almond sauce

Prep time: 15 minutes
Cook time: 15 minutes

spicy and crunchy pair together nicely to create this dish's unique sauce

- 8 oz whole-wheat rotini (spiral) pasta
- ½ C whole natural almonds, unsalted
- 1 jar (12 oz) roasted red peppers
- 1 Tbsp garlic, roughly chopped (about 2–3 cloves)
- ⅛ tsp ground cayenne pepper
- 1 tsp paprika
- 1 Tbsp dried basil or parsley
- 1 tsp red wine vinegar
- ½ tsp salt
- Ground black pepper to taste

- 1 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2 Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain pasta.
- 3 While the pasta cooks, toast almonds in a toaster oven or regular oven at 350 °F until lightly toasted, about 5–8 minutes. Set aside to cool.
- 4 Meanwhile, in a food processor or blender, add roasted red peppers and liquid, garlic, cayenne pepper, paprika, basil, vinegar, salt, and pepper. Blend until smooth, 1–2 minutes.
- 5 Add cooled almonds to the sauce in the processor. Pulse until the almonds are chunky.
- 6 After draining the pasta, return to pot. Add almond sauce. Toss until pasta is well coated.
- 7 Divide into four equal portions (about 2 cups).

Tip: Try adding chicken or seafood—or, for a vegetarian meal, just add cooked lima beans or edamame (green soybeans).



yield:

4 servings

serving size:

2 C pasta

each serving provides:

calories	322	total fiber	9 g
total fat	10 g	protein	12 g
saturated fat	1 g	carbohydrates	49 g
cholesterol	0 mg	potassium	47 mg
sodium	383 mg		