

# Light pasta dish a definite winner

By Kathryn Reed

Sue came waltzing in the front door and said she was making dinner. No arguments from me.

She said she was going to make a pasta dish so I would have ample carbs before my tennis match the next day. While I can't promise this recipe will increase your athletic endeavors after eating it, I did win my match.



Sue said it was pretty easy to make. I know it was easy for me to ask for seconds.

It's a light dish and is healthy. It's from the June 2013 *Cooking Light* magazine.

## **Penne with Herbs, Tomatoes, and Peas**

8 ounces uncooked penne pasta

1 C frozen green peas, thawed

3 T extra-virgin olive oil

6 garlic cloves, thinly sliced

3 C cherry tomatoes, halved

$\frac{1}{2}$  tsp kosher salt

$\frac{1}{4}$  tsp freshly ground black pepper

1/3 C thinly sliced fresh basil leaves

3 T chopped fresh flat-leaf parsley

1 ounce fresh Parmesan cheese, shaved (about 1/4 cup)

Cook pasta according to package directions, omitting salt and fat. Add peas during last 2 minutes of cooking. Drain.

Heat a large nonstick skillet over medium-low heat. Add oil; swirl to coat. Add garlic; cook 4 minutes or until garlic begins to brown, stirring occasionally. Increase heat to medium-high. Add tomatoes to pan; cook 1 minute. Add pasta mixture, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally. Stir in basil and parsley. Sprinkle with cheese.