

# What's Cooking? Recipe

## Garden Fresh Penne

Recipe from Gulf Coast Favorites by Holly Clegg

Ripe juicy tomatoes and mild avocados make an ideal light vegetarian pasta dinner. This also works as an awesome side dish.

Makes 4–6 servings

- 1 (8-ounce) package penne pasta
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1/3 cup chopped red onion
- 2 cups coarsely chopped tomatoes
- 1 tablespoon balsamic vinegar
- 1 (14-ounce) can quartered artichoke hearts, drained
- 1 cup coarsely chopped avocado
- Salt and pepper to taste
- 1/3 cup crumbled reduced-fat feta (or goat cheese)

1. Cook pasta according to package directions. Drain and set aside.
2. In large nonstick skillet coated with nonstick cooking spray, heat oil and sauté garlic, onion, and tomatoes over medium heat for 5 minutes.
3. Add vinegar, artichoke hearts, and avocado. Cook until well heated. Season to taste.
4. Add pasta and toss. Sprinkle with cheese.

Nutrition information per serving: Calories 267 | Fat 10 g | Saturated Fat 2 g | Cholesterol 3 mg | Sodium 236 mg | Carbohydrate 37 g | Dietary Fiber 4 g | Sugars 4 g | Protein 8 g

### Additional Notes:

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