



RECIPES

GARLIC, TOMATO & PECAN PASTA

1 package (16 ounces) uncooked angel hair pasta	1 pint grape tomatoes, halved lengthwise
5 tablespoons extra-virgin olive oil, divided	4 cloves garlic, minced
1/2 cup Fisher Chef's Naturals Pecan Halves, coarsely chopped	1/4 teaspoon salt
1 teaspoon dried oregano leaves	1 tablespoon balsamic vinegar
1/4 teaspoon ground black pepper	1/2 cup (2 ounces) freshly grated Parmesan cheese
1/4 teaspoon crushed red pepper flakes	1/4 cup chopped fresh flat-leaf parsley

Cook pasta according to package directions. Meanwhile, in large skillet heat 2 tablespoons oil over medium heat 1 to 2 minutes until hot. Add pecan halves, oregano and pepper. Cook and stir 2 to 3 minutes until nuts are fragrant.

Add remaining 3 tablespoons oil to skillet. Add tomatoes, garlic and salt; cook 2 to 3 minutes until tomatoes are softened. Stir in vinegar; remove skillet from heat.

Drain pasta. Immediately transfer pasta to skillet; mix and toss to coat. Transfer to serving bowl. Sprinkle with cheese and parsley. Serve immediately.

Yield: 8 servings

Nutrition information per serving (1 cup): 380 Calories, 17 g Total Fat, 2.5 g Saturated Fat, 0 g Trans Fat, 5 mg Cholesterol, 200 mg Sodium, 44 g Carbohydrate, 2 g Dietary Fiber, 4 g Sugars, 11 g Protein