

Roasted Red Pepper Pasta

Pampered Chef
Independent Consultant



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Ingredients

5 qts. (5 L) water
2 tbsp (30 mL) salt
1 tbsp (15 mL) olive oil
¼–½ tsp (1–2 mL) red pepper flakes
1 tbsp (15 mL) Italian Seasoning Mix
1 can (6 oz./170 g) tomato paste
1 lb. (450 g) rotini pasta
1 can (14 oz./411 g) fire-roasted tomatoes, undrained
1 jar (16 oz./454 g) roasted red peppers, undrained
1 tbsp (15 mL) balsamic vinegar
½ cup (75 mL) golden raisins
Optional: grated Parmesan cheese, fresh basil

Method

- Bring the water to a boil in the Multipot and add the salt.
- Heat the oil in the 12" (30-cm) Nonstick Skillet over medium heat for 3–5 minutes.
- Add the red pepper flakes and seasoning. Toast for 1 minute, or until fragrant.
- Add the tomato paste to the pan and stir. Cook for 3 minutes, stirring occasionally.
- Carefully lower the Silicone Collapsible Steamer & Strainer (fully expanded) into the pot. Add the pasta and cook, uncovered, for 1 minute less than the instructions on the box, stirring occasionally.
- Add the remaining ingredients to the tomato paste mixture and stir to combine. Bring to a simmer, then reduce the heat to medium-low and continue to simmer until the pasta is finished cooking, breaking the peppers with the Mix 'N Chop.
- Carefully lift the pasta out of the water and transfer it to the skillet. Use a ladle to add ½ cup (125 mL) of the pasta water to the skillet.
- Continue to simmer the pasta for 1–2 minutes, or until the water has been absorbed and the sauce has coated the pasta.

Yield:

8 servings

Nutrients per serving:

U.S. nutrients per serving: Calories 290, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 300 mg, Carbohydrate 59 g, Fiber 6 g, Sugars 11 g, Protein 9 g

Cook's Tips:

The golden raisins add a touch of sweetness that balances the bitterness of the roasted peppers and tomatoes.



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