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from **CookingLight**

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Pasta with Sun-Dried Tomato Pesto and Feta Cheese

The Mediterranean flavors in this easy **pasta dish** come from sun-dried tomatoes, basil, almonds, garlic and Parmesan cheese, and the oil in the sun-dried tomatoes gives the almond-spiced pesto a rich consistency.

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Randy Mayor; Jan Gautro



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YIELD: 4 servings (serving size: 1 cup)
COURSE: Main Dishes , Side Dishes/Vegetables

Ingredients

- 1 (9-ounce) package refrigerated fresh linguine
- 3/4 cup oil-packed sun-dried tomato halves, drained
- 1/4 cup loosely packed basil leaves
- 2 tablespoons slivered almonds
- 2 tablespoons fresh shredded Parmesan cheese
- 1 tablespoon bottled minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup (2 ounces) crumbled feta cheese

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Preparation

Cook pasta according to the package directions, omitting salt and fat. Drain through a sieve over a bowl, reserving 1 cup cooking liquid. Return pasta to pan.

While pasta cooks, place tomatoes and next 6 ingredients (through black pepper) in a food processor; process until finely chopped.

Combine tomato mixture and the reserved 1 cup cooking liquid, stirring with a whisk. Add to pasta; toss well to coat. Sprinkle with feta.

Allison Fishman, *Cooking Light*
OCTOBER 2004

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Nutritional Information

Amount per serving

Calories: 300

Calories from fat: 30%

Fat: 9.9g

Saturated fat: 3.3g

Monounsaturated fat: 3.9g

Polyunsaturated fat: 1.6g

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Protein: 12.3g
Carbohydrate: 42g
Fiber: 4.3g
Cholesterol: 61mg
Iron: 3.1mg
Sodium: 570mg
Calcium: 141mg

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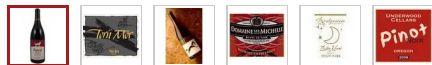
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 Worthy of a special occasion

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charoulli

Posted: 07/16/11



Outstanding

I'm not a fan of pesto, but this, I loved!!! I added fresh minced garlic instead of the bottled kind. The taste of the pesto wasn't too strong, and feta gave it a great taste instead of the usual parmesan cheese. I will make again and again!!

MLSMN1

Posted: 07/13/11



Worthy of a special occasion

This was a dish enjoyed by the whole family. Easy to put together for a weeknight meal.

ArieINJared

Posted: 02/08/11



Outstanding

This recipe is AMAZING! If you're looking for something quick, easy, and delicious all in one... This is the recipe! SO GOOD! We would make this again in a heartbeat; It's definitely going to be printed out and added to our cookbook. This recipe is appropriate for anything :) We altered one thing in the recipe and that was not adding the slivered almonds yet it still came out AMAZING in taste. We had broccoli with the meal.

abrad81

Posted: 01/25/11



Worthy of a special occasion

This was VERY tasty and oh so easy! I put a tad too much garlic in it but I don't mind. I agree with the others who said this doesn't even need the feta. The only thing is I probably would've added some more tomato to the sauce. It was a little dry. Tasted even better the next day and will definitely make again!!

jenebertsch

Posted: 10/06/10



Worthy of a special occasion

Great simple, tasty weeknight dinner.

amhfalko

Posted: 07/22/10



Worthy of a special occasion

This was a GREAT recipe! So easy too. I thought the 1 cup of water was a bit too much, but it still turned out great!

renastraille

Posted: 06/26/10



Worthy of a special occasion

this has a wild flavor; it was a great hit for my friends and i. one thing i did was replace the ALMONDS with CASHEWS (salted) and it still tasted great.

PenelopeRB

Posted: 05/26/10



Outstanding

Easy and delicious. I served it with roast chicken. Next time might add some spinach when I add the feta.

krispy6372

Posted: 05/11/10



Good, solid recipe

This was pretty good. I personally thought the sauce was a tad too tangy and would reduce the tomatoes next time around to 1/2 cup.

Tonifla

Posted: 04/29/10



Worthy of a special occasion

I loved this pasta. The sauce was tangy and tasty and the whole thing is just a nice light pasta dish. It was also very easy to make. Yummy!

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