

# Fusilli Tricolore with Artichokes and Sun Dried Tomatoes

*Libby Storts*

*The Church of St. Michael and St. George - St. Louis, MO - 1985*

## **Servings: 2**

*5 tablespoons olive oil  
pinch hot pepper flakes  
2 cloves garlic, finely  
minced  
5 scallions, thinly sliced on  
a diagonal  
3 ounces sun dried  
tomatoes, cut in thin strips  
1 can (8 ounce) artichoke  
hearts, cut into 1/2-inch  
pieces  
salt (to taste)  
pepper (to taste)  
1/2 pound fusilli tricolored  
(or pasta of your choice)  
freshly grated Parmesan  
cheese*

Heat oil in a large skillet. Add the hot pepper flakes, garlic, scallions, tomatoes and artichoke pieces. Cook until the scallions are softened and lightly browned, about 5 minutes.

In a pot, bring water to a boil. Cook the pasta according to package directions.

Add the cooked and drained pasta to the scallion mixture. Toss well. Season with salt and pepper. Add the Parmesan cheese to taste.

Toss well and serve with additional Parmesan cheese.

---

Per Serving (excluding unknown items): 336 Calories; 34g Fat (87.6% calories from fat); 2g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 46mg Sodium. Exchanges: 1 1/2 Vegetable; 7 Fat.