PASTA WITH EXPLODING TOMATOES AND ARUGULA

4 SERVINGS | SERVING SIZE: ABOUT 2 CUPS EACH

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by rinsing arugula and gently rubbing cherry tomatoes and garlic under cold, running water. Prewashed, packaged items do not require further washing.

INGREDIENTS
Nonstick cooking spray
8 ounces whole-wheat pasta shells
2 pints cherry or grape tomatoes
3 cloves garlic, thinly sliced
2 teaspoons olive oil
2½ ounces baby arugula (about 4 cups)
½ cup shredded Romano cheese
¼ teaspoon red pepper flakes
Freshly ground black pepper to taste

DIRECTIONS
1. Preheat the oven to 400°F. Spray a large baking sheet with cooking spray.
2. Cook the pasta according to the package directions. Drain and keep warm.
3. Meanwhile, place the tomatoes and garlic on the baking sheet and drizzle the oil over them. Bake for 15 minutes, until the tomatoes are lightly browned and break open.
4. Toss the tomatoes and accumulated juices, warm pasta, and arugula in a large bowl.
5. Sprinkle with the cheese and pepper flakes, and season with black pepper.

CALORIE DENSITY: 1.07 CALORIES/GRAM

Nutrition Facts
4 servings per container
Serving size 2 cups (299g)

- Calories 320
- Total Fat 8g (10%)
- Saturated Fat 3g (15%)
- Trans Fat 0g
- Cholesterol 10mg (3%)
- Sodium 280mg (12%)
- Total Carbohydrate 51g (19%)
- Dietary Fiber 8g (29%)
- Total Sugars 8g
- Includes 0g Added Sugars
- Protein 15g
- Vitamin D 0mcg (0%)
- Calcium 249mg (20%)
- Iron 3mg (15%)
- Potassium 684mg (15%)

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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