



Green Pea Pasta Sauce with Pecans, Basil and Greek Yogurt

<u>U.S.</u>		<u>Metric</u>
1 pound	Whole Wheat Pasta Shells	455 g
2 cloves	Garlic, whole	2 cloves
1 cup	Frozen Peas, thawed	113 g
1/2 tsp	Olive Oil	2.5 mL
2 1/2 cups	Greek Yogurt, low fat, plain	282.5 g
2/3 cup	Frozen Peas, thawed	75 g
3 Tbsp	Olive Oil	45 mL
1/2 tsp	Kosher Salt	3 g
1/4 tsp	Black Pepper, ground	0.6 g
1 Tbsp	Olive Oil	45 mL
1/3 cup	Pecans, chopped	37 g
2 tsp	Red Pepper Flakes	5.2 g
Pinch	Smoked Paprika	Pinch
3 oz	Feta, crumbled	226 g
2 cups	Basil Leaves, chiffonade	120 g

Preparation:

1. Gather all ingredients and equipment.
2. Bring a pot of water to a boil. Add pasta and garlic. Cook pasta according to package or until al dente - about 12 minutes. Add 1 cup peas. Drain pasta. Remove garlic and set aside. Toss pasta with 1/2 tsp olive oil, set aside.
3. In a blender, add cooked garlic, yogurt, 2/3 cup peas, 3 Tbsp of olive oil, salt and black pepper. Puree until smooth and then transfer to large bowl. Set aside.
4. Heat 1 Tbsp olive oil in a skillet over medium heat. Fry pecans, red peper flakes and smoked paprika until nuts are golden brown, about 4 minutes. Transfer to a glass or ceramic bowl and set aside.
5. Gradually stir the yogurt-pea sauce into the pasta with peas. Gently stir in basil and feta and then finish the dish by topping it with the the pecans and spiced oil.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 cup
Servings	7
Calories	450
Calories from Fat	150
Total Fat	16 g
Saturated Fat	3.5 g
Trans Fat	0 g
Monounsaturated Fat	8 g
Cholesterol	15 mg
Sodium	320 mg
Carbohydrates	58 g
Dietary Fiber	9 g
Sugars	8 g
Protein	21 g
Vitamin A	15 %
Calcium	20 %
Vitamin C	25 %
Iron	20 %
Phosphorus	217 mg
