



Fettuccine with Creamy Red Pepper Feta Sauce

Recipe Source: *Ellie Krieger, The Food Network*

Ingredients:

- 1 Tbsp olive oil
- 1 small onion, chopped
- 2-3 garlic cloves, peeled and chopped
- 1 (16 oz) jar roasted red peppers, drained and chopped
- ½ cup low-sodium chicken or vegetable stock
- 1 cup crumbled feta cheese or a 6 oz block
- 1 lb whole wheat fettuccine
- Salt
- Freshly ground black pepper
- 1 Tbsp chopped fresh parsley leaves

Steps:

- Heat the oil in a heavy skillet over medium heat. Sauté onion and garlic until soft, about 10 minutes. Stir frequently so garlic doesn't burn.
- Add roasted red peppers and sauté until heated through. Remove from heat and let cool slightly.
- Put a large pot of water on to boil for cooking pasta. Cook pasta according to package directions (to al dente).
- Meanwhile, place onion/pepper mixture in a high-quality blender or food processor with the stock and all but 2 tablespoons of the feta. Process until combined and smooth, about 30 seconds. Pour sauce back into the cooking skillet.
- When pasta is cooked to al dente, scoop it into the sauce with a slotted spoon, tongs, or other utensil to drain water. Stir gently to combine, adding more pasta water a tablespoon at a time if the pasta seems too dry. The sauce should cling nicely to the pasta.
- Season with salt and pepper to taste.
- Divide among individual pasta bowls, or pour into one large serving bowl. Sprinkle with parsley and remaining feta.

Tips from the Test Kitchen: If you want to add vegetables, thawed frozen green peas or fresh spinach work well in this dish. Just stir them in at the same time you combine the sauce and pasta.

Nutritional Facts: per serving Calories: 399, Carbohydrates: 52 grams, Protein: 13 grams, Total Fat: 12 grams, Saturated Fat: 4 grams, Cholesterol: 22 mg, Sodium: 276 mg, Fiber: 8 grams, Total Sugars: 4 grams.