

## Recipe

### Sun-dried Tomato Penne

## By

Madhavi d.d.



## Ingredients

8 oz. whole wheat penne, or bow tie pasta  
1 cup chopped fresh tomatoes  
8 dry sun-dried tomatoes\*  
1 tsp Italian seasoning  
1 ½ tsp salt  
½ tsp black pepper  
2 tbsp fresh basil  
2 tbsp fresh parsley  
2 tbsp olive oil

## Preparation

Soak the sun-dried tomatoes in warm water for at least 30 to 40 minutes. Slice the sun-dried tomatoes. If you like, do not discard the liquid\*\*.

Meanwhile cook penne according package direction. Heat oil in a pan. Add sun-dried tomatoes, fresh tomatoes, salt, pepper, and Italian seasoning, and sauté for 5 minutes. Add cooked pasta, basil and parsley and cook for another 2 minutes.

\*Sun-dried tomatoes can be found in most grocery stores. In Italy, the sun-dried tomatoes are usually stuffed with herbs (may contain garlic). The American sun-dried tomatoes are safer to use. The ones I used in this recipe (see picture) are real organic (grown and “sun-dried” by a family in Florida) tomatoes without any preservative and that’s why they look so “dark”. The store bought sun-dried tomatoes would not make the dish so dark.

\*\*I often use the liquid (for its distinct favor) to make salad dressing or soup.

## Serves

3-4

For further details please contact

[madhavidedasi@gmail.com](mailto:madhavidedasi@gmail.com)

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

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