



# Penne with Pesto and Cherry Tomatoes

Shine 365  
Marshfield Clinic

**PREP TIME:** 5 minutes • **COOK TIME:** 10 minutes • **SERVINGS:** 4

## INGREDIENTS

- 1 pound cherry tomatoes
- 2 tablespoon extra-virgin olive oil
- 1 teaspoon salt
- 8 ounces whole wheat penne pasta
- 2 tablespoon pesto
- Salt and freshly ground pepper to taste

## INSTRUCTIONS

Cut the tomatoes into halves and put them in a glass or stainless steel bowl. Add the olive oil and 1 teaspoon of salt. Toss, cover and leave at room temperature for several hours or overnight, tossing once or twice.

When you're ready to eat, bring a large pot of water to a boil. Add the penne and cook according to the package directions. Drain and place the hot pasta in serving dish adding the tomatoes with their juice and the pesto.

Toss. Season with freshly ground pepper and serve hot or at room temperature.

Note: You can also substitute ½ cup each of chopped fresh basil and Parmesan cheese for the pesto.

## NUTRITION INFORMATION

Each serving contains 290 calories;  
9 g fiber; 10 g protein; 600 mg sodium; 40 g carbohydrates

Source: Whole Grains Council