

Healthy Harvest® Pasta Sauce Olive and Artichoke Bows

Preparation Time: 5 minutes

Cooking time: 20 minutes

Servings: 4



Stirring in just a few flavourful items found in the pantry is the perfect way to make a simple pasta dish into something exciting for lunch or dinner.

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce Olive and Basil
1 cup (250 mL)	low-fat ricotta cheese
1/4 cup (60 mL)	grated Parmesan cheese
1/4 cup (60 mL)	chopped fresh basil
1/2 tsp (2 mL)	freshly ground black pepper
1 jar (6 oz/170 mL)	marinated artichoke hearts, chopped
2 tbsp (30 mL)	jarred artichoke marinade
1 box (340 g)	bows, cooked and drained

Instructions

1. Stir the ricotta with the Parmesan, basil and pepper; set aside. Pour the pasta sauce into a large skillet set over medium heat. Stir the artichokes and the marinade into the sauce; bring to a simmer.
 2. Stir in the cooked bows. Dollop four mounds of the ricotta mixture over the skillet. Cover and remove from heat. Let stand for 5 minutes.
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Tips: Stir in drained tuna or chickpeas with the artichoke hearts for added protein

Nutritional Information per serving:

453 calories, 6 g fat, 3 g saturated fat, 4 mg cholesterol, 831 mg sodium, 82 g carbohydrates, 11 g fibre, 13 g sugar, 20 g protein.



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