

Pesto Fusilli with Sun Dried Tomatoes

1 cup chopped sun-dried tomatoes packed in oil

½ cup pine nuts

1/3 cup packed fresh basil

½ cup silken tofu, crumbled

1 pound fusilli, cooked according to package directions

¼ cup sliced kalamata olives

1. Strain the sun -dried tomatoes, reserving both the tomatoes and the oil. If necessary, add extra olive oil to the liquid to make ¼ cup of oil.
2. Combine the pine nuts and basil in a food processor and blend until combined. Add the reserved ¼ cup of oil and blend until it forms a paste. Add the tofu and blend.
3. Toss the cooked pasta with the pesto and gently stir in the reserved sun-dried tomatoes. Garnish with olives.
4. Serves 6: 0 mg cholesterol, 385 calories, 9g fat, 62g carbohydrate, 14g protein.