Visiting Nurse Association of Northern New Jersey

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Tagliatelle with Provençal Pistou

Makes 4 servings. Recipe from seriouseats.com

Ingredients

1 clove garlic
2-1/2 cups fresh basil
20 whole sundried tomatoes (a full 1/2 cup)
1/4 cup grated Parmigiano Reggiano
6 tablespoons of olive oil
Salt and pepper
1 pound fresh tagliatelle*

Nutritional info per serving

Calories	376
Total Fat	23g
Cholesterol	43mg
Sodium	202mg
Carbohydrates	34g
Dietary Fiber	1g
Protein	9g

Directions

1. Bring a large pot of water to boil.
2. **While the water is heating, make the pistou:**
   Add the garlic to the food processor, and blitz it to smithereens. Add the basil, sundried tomato, Parmigiano Reggiano, olive oil, and salt and pepper to taste. Blitz in the food processor until you have the consistency of a pesto, scraping down the sides of the bowl once to make sure everything is evenly incorporated.
3. Salt the boiling water, and cook the fresh tagliatelle for just about 4 minutes, until just cooked. Drain, reserving 1 cup of pasta water. Toss the tagliatelle with the pistou, adding pasta water as needed to thin out the sauce. Serve immediately.

*If fresh tagliatelle is not available, use dried and follow package directions for cooking.