



Taste of Home

Bell Peppers and Pasta

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 4 servings.

This meatless entree is always a hit. In fact, I double it whenever I know I'm going to feed some big eaters, and it still disappears. -Sharon Csuhta of Wadsworth, Ohio

Ingredients

2-1/4 cups uncooked penne pasta

3/4 cup chopped onion

1 tablespoon olive oil

3 garlic cloves, minced

1 cup chopped sweet red pepper

1 cup chopped green pepper

1/4 cup sliced ripe olives

1 teaspoon dried oregano

1/4 teaspoon salt

1/8 teaspoon cayenne pepper

1/4 cup water

1/2 cup crumbled feta cheese

Directions

1. Cook pasta according to package directions. In a nonstick skillet, saute onion in oil for 1-1/2 minutes. Add garlic; cook 30 seconds longer. Add the sweet peppers; cook and stir for 2-3 minutes or until vegetables are tender. Stir in the olives, oregano, salt and cayenne. Add water; cook and stir until mixture comes to a boil. Drain pasta and stir into skillet. Remove from the heat. Stir in cheese. Serve immediately.

2.

Nutrition Facts

1-1/4 cups: 274 calories, 9g fat (4g saturated fat), 17mg cholesterol, 434mg sodium, 40g carbohydrate (0 sugars, 4g fiber), 9g protein. **Diabetic Exchanges:** 2 starch, 2 vegetable, 1-1/2 fat.

© 2022 RDA Enthusiast Brands, LLC