



FLOUR CITY PASTA

TOMATO BASIL FETTUCCINE WITH EGGPLANT & HERB RELISH

Herb Relish:

- 2 cups fresh parsley leaves
- ½ cup fresh mint
- 3 green onions, chopped
- 1-1/2 Tbs. fresh oregano leaves
- 2 Tbs. capers
- 3 Tbs. pine nuts
- 1 Tbs. red wine vinegar
- 2 Tbs. olive oil

Eggplant:

- 2 eggplants, sliced
- 1 Tbs olive oil

Directions:

1. Puree relish ingredients in blender with 5 Tbs. water.
2. Add salt and pepper to taste.
3. Brush sliced eggplant with oil and grill in large skillet (or grill outside) over medium high heat.
4. Grill 3-4 minutes each side.
5. In large serving dish place warm pasta, eggplant and relish over.

Cook the pasta al dente (about 8 minutes).

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1/4 lbs (113g)		Total Fat 3g	4%	Total Carb. 81g	27%
Serv. Per Cont. 3		Sat. Fat 0.5g	3%	Fiber 5g	20%
Calories 380		<i>Trans</i> Fat 0g		Sugars 1g	
Fat Cal. 25		Cholest. 0mg	0%	Protein 16g	
		Sodium 5mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 10% • Vitamin C 4% • Calcium 6% • Iron 25%			

INGREDIENTS: Organic Wheat, Durum, Organic Tomato Powder, Organic Basil Leaf, Organic Paprika Powder

CONTAINS: Wheat

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