

## ***Mediterranean Pasta with Artichokes, Olives & Tomatoes***

### Ingredients:

Kosher Salt, freshly ground Black Pepper  
12 oz. Whole Wheat Spaghetti\*\*  
2 tbsp. Olive Oil,  
½ medium Onion, thinly sliced, lengthwise  
2 Garlic Cloves, thinly sliced  
½ cup dry White Wine  
1 can Artichoke hearts, drained, rinsed, and quartered  
1/3 cup pitted Kalamata Olives, quartered  
1 pint Grape or Cherry Tomatoes, halved  
¼ cup grated Parmesan cheese, plus more for serving  
½ cup fresh Basil, torn

### Directions:

In a large pot of boiling, salted water, cook the pasta until al dente. Drain, reserve 1 cup of pasta water, and return pasta to the pot.

In a large skillet, heat 1 tbsp. of oil over medium-high heat, add onion and garlic, season with salt and pepper, to taste. Stir until browned, 3-4 minutes, add wine and cook 2 more minutes until wine evaporates.

Stir in artichokes and cook until they start to brown. Add olives, half the tomatoes and cook until they start to break down, about 1-2 minutes. Add pasta to the skillet, stir in the remaining tomatoes, oil, cheese and basil. If necessary, thin with reserved pasta water to coat spaghetti.

Serves 4...**Of course, with extra cheese.**

*\*\*Whole Wheat Pasta has almost twice the amount of fiber as the traditional Semolina.*