

# Blistered Tomato Pasta

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-recipe-blistered-tomato-pasta>

## Ingredients:

- 16 ounces grape tomatoes
- 1 tablespoon olive oil + 2 tbsp
- 3 cloves garlic minced
- 7 ounces arugula fresh
- 16 ounces pasta choice of, I used Banza gluten free rotini
- 1/4 teaspoon kosher salt
- 1/4 teaspoon fresh ground black pepper
- 1/2 teaspoon red pepper flakes optional
- 2 tablespoons freshly grated Parmesan optional

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 6 grams
6. Protein: 19 grams
7. SaturatedFat: 1 grams
8. Sodium: 220 milligrams
9. Sugar: 8 grams

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