

Fettuccine with Pecans



• 2

- tablespoons olive oil
- 1/2 cup dried tomatoes
- 1/4 cup sherry vinegar
- 1/2 cup chopped fresh basil
- 2 tablespoons chopped green onions
- 1/4 cup diced green pepper
- 3 tablespoons chopped pecans
- 1 medium avocado, diced
- 1-1/4 pounds dried fettuccine
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

1. Combine olive oil, dried tomatoes, vinegar, basil, green onions, green pepper, pecans, half the avocado, salt and pepper in a large bowl. Toss well so all ingredients are evenly coated with oil and vinegar.
2. Cook pasta in boiling water as directed on package, until al dente. Drain pasta and pour into bowl with other ingredients while pasta is hot. Toss all ingredients well. Adjust seasoning if needed. Sprinkle with remaining avocado. Serve immediately.

Yield: 8 servings.

Nutrition Facts	
Serving Size: about 18 recipe	
Servings per recipe: 8	
Amount Per Serving	
Calories 365	Calories from fat 90
	% Daily
Value	
Total Fat 10g	16%
Saturated fat 1g	7%

Cholesterol 0mg		0%
Sodium 212mg		9%
Carbohydrate 58g		19%
Dietary Fiber 3g		13%
Protein 10g		21%
Vitamin A: 6%	Vitamin C: 14%	Folacin: 9%
Calcium: 3%	Iron: 20%	Potassium:
12%		

Source: Modified from original source: "Best of the Best from California Cookbook," Quail Ridge Press, P.O. Box 123, Brandon, MS 39043

Provided by:

Barbara Brown
Food Specialist
OSU Cooperative Extension Service
Stillwater, Oklahoma 74078-6141
bbrown@okstate.edu