

SIDE DISH

Pasta with Sautéed Tomatoes, Olives, and Artichokes

17 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.33	219 kcal

Pasta with Sautéed Tomatoes, Olives, and Artichokes might be just the hor d'oeuvre you are searching for. This lacto ovo vegetarian recipe serves 6 and costs \$1.33 per serving. One serving contains 219 calories, 9g of protein, and 5g of fat. 1 person found this recipe to be delicious and satisfying.

Ingredients

- ☐ 14 ounce quartered artichoke hearts, drained
canned
- ☐ 1¼ ounces 1/3 cup shredded Asiago cheese
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 2 cups halved cherry tomatoes
- ☐ 4 cups hot cooked ziti (short tube-shaped pasta)
short pasta
- ☐ ½ cup chopped fresh basil
- ☐ ½ cup thinly sliced pitted kalamata olives
- ☐ 1 teaspoon olive oil
- ☐ ¼ teaspoon salt

EQUIPMENT Bowl, Frying pan

Method

- 1

Heat oil in a large nonstick skillet over medium-high heat.
- 2

Add cherry tomatoes, olives, and artichokes; cook 5 minutes or until thoroughly heated.

- 3 Place pasta in a large bowl.
- 4 Add tomato mixture, basil, cheese, salt, and freshly ground pepper; toss well.

Nutrition per serving			
	219	9 g	5 g
	KCAL	PROTEIN	FAT
			35 g
			CARBS
Saturated Fat			1.4 g · 9% of daily needs
Fibre			3.1 g · 12% of daily needs
Sugar			2.9 g · 3% of daily needs
Sodium			619 mg · 27% of daily needs
Cholesterol			4 mg · 1% of daily needs
Vitamin C			11.7 mg · 14% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pasta-with-sauteed-tomatoes-olives-and-artichokes-143102