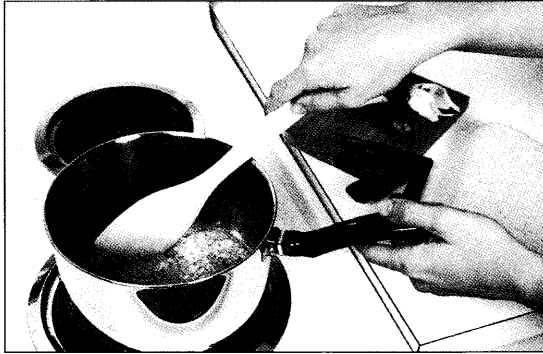


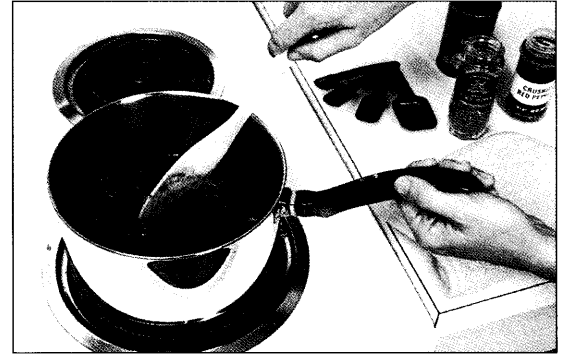
BASIL-SCALLOP LINGUINE

QUICK PREP

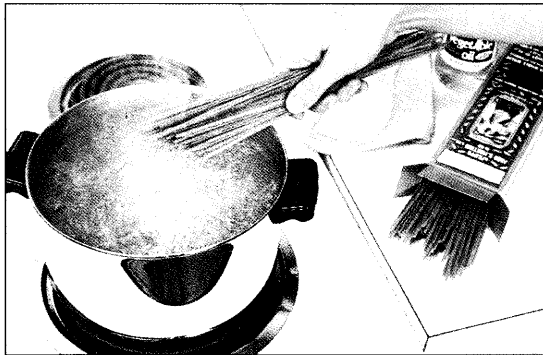
- 1 tablespoon olive oil
- 2 medium cloves garlic, crushed
- 2 shallots, minced
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil leaves, crushed
- 2 tablespoons minced Italian parsley
- Salt
- ¼ teaspoon crushed red pepper flakes
- ⅛ teaspoon ground black pepper
- 1 can (16 oz) whole tomatoes
- ½ cup dry white wine
- 2 tablespoons tomato paste
- 1 tablespoon vegetable oil
- 1 pkg (8 oz) whole wheat linguine or spaghetti
- 1 lb sea scallops
- 1 pkg (9 oz) frozen artichoke hearts, thawed
- 2 tablespoons pine nuts
- Fresh Italian parsley or basil (optional)



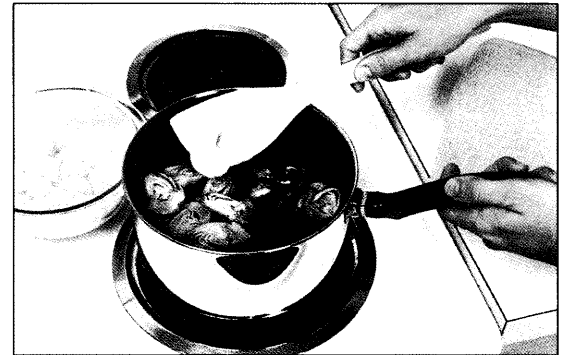
1 In a 3-quart saucepan over medium heat, heat 1 tablespoon olive oil. When oil is hot, add garlic and shallots. Cook, stirring constantly with a wooden spoon, until garlic and shallots are tender but not brown. Remove from heat.



2 Add basil, parsley, 1 teaspoon salt, the red pepper flakes, black pepper, tomatoes, wine and tomato paste to mixture in saucepan. Return to heat and bring mixture to boiling, stirring to break up large pieces of tomato. Cover, reduce heat and simmer 20 minutes.



3 In a 4-quart saucepan, bring 3 quarts water, 2 teaspoons salt and 1 tablespoon vegetable oil to a rolling boil. Add linguine; stir to separate strands. Cover saucepan until water returns to boiling. Uncover and cook linguine 8 to 10 minutes or until tender.



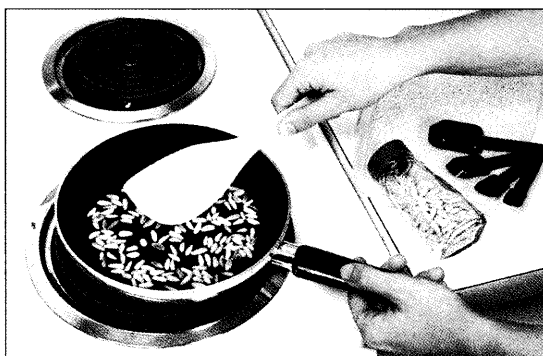
4 While linguine cooks, place scallops in a colander; rinse under cold water. Drain thoroughly; cut each scallop in half crosswise. Add scallops and artichoke hearts to tomato mixture. Cook 5 minutes or until scallops are tender and artichokes are hot. Set aside.

LESS WASTE, MORE PASTE

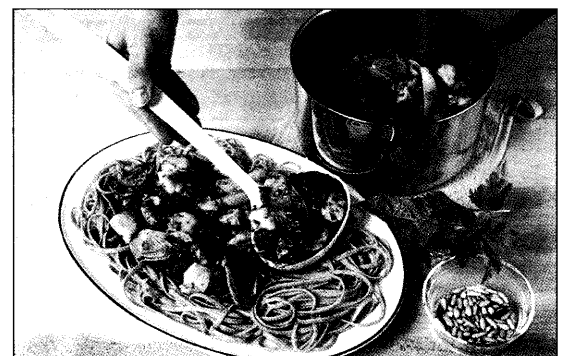
Too much tomato paste? Many recipes call for only a few tablespoons of tomato paste. Instead of throwing out what's left in the can or placing the tomato paste in the refrigerator and forgetting it's there, spoon the remaining tomato paste into the individual compartments of an ice cube tray. Freeze until solid; remove each piece and place in a plastic bag. Thaw when ready to use.

Nutrient Analysis Per Serving

Calories	307
Protein	21 g
Carbohydrates	40 g
Fat	6 g
Cholesterol	25 mg
Sodium	315 mg



5 Place pine nuts in a small skillet over moderately high heat. (It is not necessary to add oil to the skillet.) Cook, stirring constantly, until pine nuts turn a light golden brown. Remove from heat and set aside.



6 Drain cooked linguine thoroughly. Place on a large serving platter. Spoon tomato mixture over pasta. Toss gently until thoroughly combined. Sprinkle with toasted pine nuts and garnish with fresh Italian parsley. *Makes 6 servings.*