

# **Bow Tie Pasta with Fresh Basil, Pine Nuts and Garlic**

Judy Gilliard "JUDY a la carte"

[www.chefjudy.net](http://www.chefjudy.net)

**Servings: 6**

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*1 pound whole wheat pasta ,  
Bow Tiecooked and drained  
1 1/2 cups basil, fresh, cut in  
1/4-inch strips  
3 ounces Parmesan cheese,  
shaved  
1 1/2 tablespoons extra virgin  
olive oil  
1 teaspoon garlic powder  
3 ounces pine nut (pinyons),  
toasted*

Toss all ingredients together and serve.

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Per Serving (excluding unknown items): 150 Calories; 13g Fat (73.9% calories from fat); 7g Protein; 3g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat.