

Linguini with Artichokes and Caramelized Onions

½ pound whole wheat linguini

½ C olive oil, divided

1 yellow onion, julienned ½ inch thick

2 cloves garlic, peeled and minced

¼ pound asparagus, cut into small spears

¼ C sun-dried tomatoes in oil, drained and diced

¼ C walnuts, chopped

1- 6.5 Ounce jar of marinated artichoke hearts, drained and quartered

2 T fresh oregano, chopped

2 T pitted Kalamata olives, chopped

2 ounces Parmesan cheese, shredded

salt and pepper to taste

1. Heat a large pot of water to boiling. Cook linguini according to package directions. Drain.
2. In a large skillet, heat 2 tablespoons of the olive oil over low to medium heat. Add the onions and cook, stirring frequently, until they are soft and caramelized, about 15 to 20 minutes. Add the rest of the olive oil to the pan, along with the garlic, asparagus, sun-dried tomatoes, and walnuts, and cook for 5 more minutes until asparagus becomes tender. Remove the pan from the heat and stir in the artichokes, oregano, and olives. Toss the veggies with the pasta, add salt and pepper to taste, and top each serving with Parmesan cheese. Serves 4-6. Prep time, 30 minutes.