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## ***Rotini with Spicy Red Pepper and Almond Sauce***

- 8 Oz whole-wheat rotini (spiral) pasta
- 1/2 Cup whole natural almonds, unsalted
- 1 Jar (12 oz) roasted red peppers
- 1 Tbsp garlic, roughly chopped (about 2–3 cloves)
- 1/8 Tsp ground cayenne pepper
- 1 Tsp paprika
- 1 Tbsp dried basil or parsley
- 1 Tsp red wine vinegar
- 1/2 Tsp salt
- Ground black pepper to taste

- 1) In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2) Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain pasta.
- 3) While the pasta cooks, toast almonds in a toaster oven or regular oven at 350 °F until lightly toasted, about 5–8 minutes. Set aside to cool.
- 4) Meanwhile, in a food processor or blender, add roasted red peppers and liquid, garlic, cayenne pepper, paprika, basil, vinegar, salt, and pepper. Blend until smooth, 1–2 minutes.
- 5) Add cooled almonds to the sauce in the processor. Pulse until the almonds are chunky.
- 6) After draining the pasta, return to pot. Add almond sauce. Toss until pasta is well coated.
- 7) Divide into four equal portions (about 2 cups).

Makes 4 Servings