

## **Fettuccini with Sweet Peppers and Pine Nuts**

- 1 (16-ounce) package uncooked fettuccini pasta
- 1/3 cup extra-virgin olive oil
- 4 large cloves garlic, coarsely chopped
- 1 large sweet yellow bell pepper, cored, seeded and julienned
- 1 large sweet red bell pepper, cored, seeded and julienned
- 1 large sweet orange bell pepper, cored, seeded and julienned
- 1/2 cup pine nuts
- 1/2 cup fresh parsley or basil leaves, chopped
- 1/2 cup Kalamata olives, pitted and halved
- 1/4 cup capers, drained
- 1 tablespoon coarse salt or coarse sea salt
- 1 tablespoon freshly-ground black pepper or to taste

Cook pasta according to package directions: drain and return to pan to keep warm.

In a large, heavy skillet heat the olive oil. Add garlic and bell peppers (yellow, red & orange), and cook for 10 minutes, stirring continuously. Add pine nuts and cook approximately 4 minutes or until they turn golden brown. Gradually stir in basil or parsley. Add olives and capers and heat. Add salt and pepper to taste.

In a serving bowl, toss the sauce mixture with prepared pasta.