VA Share the Harvest

Tomato and Basil Pasta

Ingredients for 4 servings:
4 medium tomatoes, diced (4 cups)
2 teaspoons dried or 2 Tbsp chopped fresh basil
2 teaspoons chopped garlic
¼ teaspoon ground black pepper
6 ounces uncooked whole wheat thin spaghetti
Grated parmesan cheese (optional)

Directions:

- Mix the first five ingredients and let set at room temperature for 1 hour.
- Cook whole wheat thin spaghetti according to package directions and drain.
- Top pasta with tomato mixture. Serve immediately and top with a sprinkle of parmesan cheese (optional).

Nutrient Analysis per 1.5 cup Serving:
Calories: 193
Total fat: 1 gram
Saturated fat: 0 grams
Cholesterol: 0 mg
Sodium: 9 mg
Total carbohydrate: 39 grams
Dietary fiber: 4 grams
Sugars: 6 grams
Protein: 8 grams

Recipe and nutrient analysis adapted from *Quick and Healthy Recipes and Ideas 3rd Edition: For people who say they don't have time to cook healthy meals* by Brenda J. Ponichtera, RD.
Available for purchase from the American Diabetes Association.