



strong bodies **healthy minds**

Garden Fresh Pasta

What tastes better than garden fresh tomatoes, herbs, and garlic on top of your favorite pasta? We know time is precious, so we created this easy to make dish that only requires ONE pot (that's right you don't have to cook the pasta separately!). Moms love this recipe because the family eats it (no complaints) and the clean up is easy. By choosing Barilla Plus[®] pasta, everyone gets extra fiber, protein, and omega 3 fatty acids, plus all of that great lycopene from the tomatoes. Enjoy!

Ingredients:

- 1 Tablespoon extra virgin olive oil
- 2 garlic cloves
- 6 ripe tomatoes
- ¼ cup fresh basil leaves, chopped (also try a mixture: oregano, basil, chives, and/or parsley)
- 1/8 teaspoon sea salt
- ½ pound whole wheat pasta, penne or any style of your choice
- ¼ cup Parmesan cheese

Directions:

1. In media saucepan, heat 1 Tablespoon olive oil over medium heat. Meanwhile, mince garlic and place into pot. Cook approximately 2 minutes.
2. Slice tomatoes into quarters and place into pot with garlic. Add fresh basil and a pinch of sea salt. Heat for approximately 5 minutes. A broth will form (depending on the juice in tomatoes, you may need to add ¼ - ½ cup water).
3. When broth is boiling, place pasta into pot, cover and cook for 8-10 minutes. Remove from heat and stir in cheese.
4. Serve pasta and dig in!

Makes approximately 6 servings (1 cup per serving).

Nutrition Facts per serving: 200 calories; 4g fat (0g sat fat, 2g mono, 1g poly, 0g trans fat); 0mg cholesterol; 36g carbohydrate (6g fiber, 6g sugar); 7g protein; 260mg sodium; 40% Daily Value (DV) vitamin A; 40% DV vitamin C; 4% DV calcium; 25% DV iron.