

Fresh Pomodoro Sauce

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1 tablespoon extra virgin olive oil
½ medium onion, diced
1 clove garlic, minced
4 large tomatoes, diced
1 teaspoon ground black pepper
5 leaves fresh basil, cut julienne
6 tablespoons Parmesan cheese, freshly grated

Directions

Heat the oil. Sauté the onion until tender. Combine the garlic, tomatoes and pepper and simmer 2-3 minutes to blend flavors. Stir in the basil.

Add this sauce to your favorite pasta and top with the parmesan cheese.
Serve warm to close friends or family.

Exchanges per serving:

1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 87
Calories from fat: 39
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 4mg
Sodium: 85mg
Carbohydrate: 12g
Dietary Fiber: 3g
Protein: 4g