

Linguini Pomodoro **(Fresh Tomato Sauce on Linguini)**

Serving Size: 1/10 of recipe

Serves: 10

Ingredients

2 tablespoons extra virgin olive oil
3-4 large onions, finely chopped
4 cloves garlic, minced
1 poblano pepper, diced
1 teaspoon salt
½ teaspoon coarse black pepper
1 tablespoon dry oregano
2 tablespoons dry basil
1/8 teaspoon dry red pepper flakes
10-11 large ripe tomatoes, about 10 cups, finely chopped
1 pound linguini, cooked al dente

Directions

In a large stock pot, sauté the onions and garlic until soft. Stir in the poblano, spices and herbs. Blend well as you continue to sauté. Add the tomatoes and stir to blend. The intense flavors of this sauté will infuse the rich flavor of your tomatoes for a full flavored yet light and delicate sauce. Bring the pot to a boil, then lower to a simmer and cook uncovered for about 2 hours, stirring often. The appeal of this sauce is its lightness. When you can move a wooden spoon across the top of the sauce without leaving a watery trail, it is ready. It should be smooth and thick but not heavy.

Resist the temptation to add tomato paste. The personality of this sauce comes from the seasoned fresh tomatoes.

Prepare the linguine according to package directions for al dente.

Serve over linguini or any light pasta. Garnish with grated Parmigiano Reggiano or Grana Padano. A fresh salad, toasted garlic bread and a good chianti make great compliments to this feast of flavor. This sauce freezes well. So, make a large batch for future pleasure.

Exchanges per serving

2 Starches, 2 vegetables, 1 Fat

Nutrients per serving

Calories: 260

Calories from fat: 36

Total Fat: 4g

Cholesterol: 0mg

Total Carbohydrate: 48g

Sodium: 251mg

Dietary Fiber: 5g

Protein: 8g