

Pomodoro Sauce

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

½ pound penne pasta, cooked al dente and drained

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

Prepare pasta according to package directions for al dente pasta.

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.

Combine the pasta and top with parmesan cheese.

Serve warm to close friends or family.

Exchanges per serving:

1½ Starch, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 207

Calories from fat: 39

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 4mg

Sodium: 85mg

Carbohydrate: 34g

Dietary Fiber: 3g

Protein: 8g