



# Pasta with Fresh Tomato Sauce

## Ingredients:

- 1 small garlic clove
- 3 lb tomatoes
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Spaghetti
- 1/2 cup chopped fresh basil

## Directions:

Mince (cut into tiny pieces) garlic  
Use the side of a knife to mash to a paste with a pinch of salt  
Core and coarsely chop 1 1/2 tomatoes.

Using a grater or a fork, rub the cut side of the tomato in a large bowl, reserving pulp and discarding skin.

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- Stir pulp with chopped tomatoes, garlic paste, lemon juice, salt, and pepper. Let stand until ready to use, at least 10 minutes and up to 2 hours.
- While tomatoes stand, cook pasta in a 6- to 8-quart pot of boiling salted water, uncovered, until al dente, about 8 minutes or using a microwave.
- Drain in a colander (strainer bowl) and immediately add to tomato mixture, tossing to combine. Sprinkle with basil. Add a small amount of parmesan or mozzarella if desired. Serve with bread for sopping up any leftover juice! - makes one serving

### Nutrition Facts

Serving Size 1/2 meal  
Serving per Recipe 2

Amount per Serving	
<b>Calories</b> 142	Calories from Fat 10.2
	% Daily Value
<b>Total Fat</b> 1.13 g	1%
<b>Saturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1475.72mg	61%
<b>Total Carbohydrate</b> 29.76g	9%
<b>Dietary Fiber</b> 5.39g	21%
<b>Sugars</b> 6.01g	
<b>Protein</b> 5.46g	10%
Est. Percent Calories From:	
Fat	5%
Carbs	84%
Protein	15%

**T**ip: Frightened by basil? Not sure how to make garlic paste? And what in the world does “mince” mean? Check out the videos on Health Promotion’s website to answer these questions and more!

