

Pasta with Fresh Tomato Sauce

Recipe from marthastewartliving.com



Ingredients

- 2 1/4 pounds unrefridgerated ripe tomatoes (preferably plum)
- 1/4 cup fresh basil leaves
- 1 tablespoon flat-leaf
 parsley

1 tablespoon chopped 1 pound spaghetti noodles 1/4 cup extra-virgin olive oil plus more to drizzle

Coarse salt and fresh-Yield: 6 servings ly ground pepper Serving Size: 2/3 cups



Directions Ю

- 1. Finely chop tomatoes, basil, parsley, and garlic, and mix together with oil (or pulse ingredients, including oil, in a food processor to blend).
- 2. Bring a large pot of salted water to a boil. Add pasta, and cook until al dente. Drain pasta, and toss it in a serving bowl with raw sauce. Transfer to soup bowls, and drizzle with oil (optional). Serve with cheese.

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Fast Facts

Featured Food Groups



Cooking Tips 🚬

- Use fresh, ripe tomatoes when available, but canned tomatoes work well too! Be sure to drain them if using canned.
- Fresh or dried basil works fine.
- Have fresh greens available? Add them!

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Nu	trition Facts 🤆	$\overline{\mathbf{O}}$
	Nutrition	acts
	6 servings per container Serving size	2/3 cup
	Amount Per Serving Calories	390
		% Daily Value*
	Total Fat 11g	14%
	Saturated Fat 2g	10%
	Trans Fat 0g	
	Polyunsaturated Fat 2g Monounsaturated Fat 7g	
	Cholesterol Omg	0%
	Sodium 35mg	2%
	Total Carbohydrate 61g	22%
	Dietary Fiber 5g	18%
	Total Sugars 5g	
	Includes 0g Added Sugars	s 0%
	Protein 12g	24%
	Vitamin D 0mcg	0%
	Calcium 39mg	4%
	Iron 2.88mg	15%
	Potassium 470mg	10%
	*The % Daily Value (DV) tells you how mu serving of food contributes to a daily diet. day is used for general nutrition advice.	

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 Featured Food Groups Coose MyPlate gov Use fresh, ripe tomatoes when available, but canned tomatoes work well tool Be sure to drain them if using canned. Fresh or dried basil works fine. Contained basil works fine. C	Fast Facts		E CHEN (****
Image: Serving Size 2/3 cup Image: Serving Size 390	Featured Food Groups 🛛 🖢	Nutrition Facts 🤃	5
 Choose MyPlate.gov Choose MyPlate.go	Grains Vegetables	6 servings per container	
 Choose MyPlate.gov Saturated Fat 2g Trans Fat 0g Polyunsaturated Fat 2g Monounsaturated Fat 2g Monounsaturated Fat 7g Cholesterol 0mg 0% Sodium 35mg 2% Total Carbohydrate 61g 22% Dietary Fiber 5g 18% Total Sugars 5g Includes 0g Added Sugars Witamin D 0mcg 0% Calcium 39mg 4% 	Choose MyPlate gov	Calories	% Daily Value*
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 Fresh or dried basil works fine. Protein 12g Vitamin D 0mcg 0% Calcium 39mg 4% 	work well too! Be sure to drain them if using canned.		
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