



Pasta with Fresh Tomato Sauce



Recipe from marthastewartliving.com

Ingredients



- 2 1/4 pounds unrefrigerated ripe tomatoes (preferably plum)
 - 1/4 cup fresh basil leaves
 - 1 tablespoon flat-leaf parsley
 - 1 tablespoon chopped garlic
 - 1/4 cup extra-virgin olive oil plus more to drizzle
 - Coarse salt and freshly ground pepper
 - 1 pound spaghetti noodles
- Yield: 6 servings
Serving Size: 2/3 cups



Directions



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.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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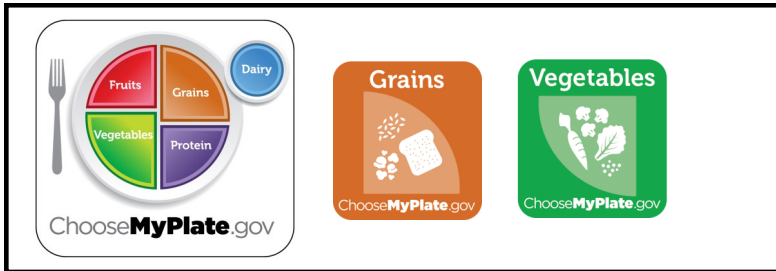
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Fast Facts



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!

Nutrition Facts



Nutrition Facts	
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 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 61g	22%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	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 much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

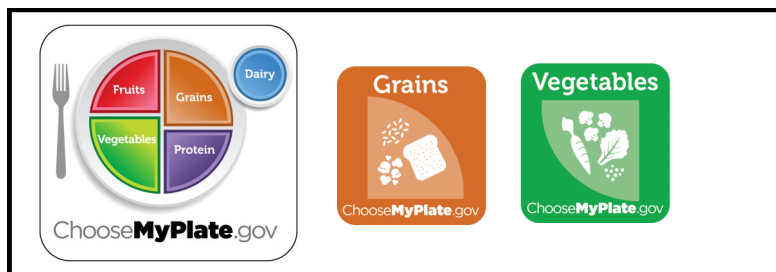
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