

Pasta with Fresh Tomato Sauce

What you'll need:



- 1 1/2 cups of fresh tomatoes diced, or 1 can of diced tomatoes
- 2 T extra virgin olive oil, plus more for drizzle
- 2 T. fresh basil leaves chopped, or 1 T dried
- 1 t. leaf parsley, chopped
- 1 t. chopped garlic ~ 1 clove
- 1 cup cooked whole wheat spaghetti
- Salt and pepper for taste
- Grated parmesan cheese for serving

Directions:

1. Finely chop tomatoes, basil, parsley and garlic. Mix together with oil.
2. Bring pot of water to boil, add pasta and cook until al dente.
3. Drain and toss with sauce.
4. Transfer to serving bowls and serve with cheese.



Tomato Facts!

- Tomatoes are good for your skin, they contain high levels of lycopene, which is used in facial cleansers!
- Tomatoes may help prevent several types of cancer!
- They help maintain strong bones because of their high Calcium and Vitamin K content!
- Tomatoes are effective in reducing cholesterol levels and lowering blood pressure!
- Plus several more!