

Tomato Bruschetta

Ingredients

- 12 slices Italian bread
- 1 clove garlic, sliced in half
- 4 medium ripe tomatoes, cored and diced
- 1 tablespoon dried basil
- 1/4 tsp salt
- 1/4 tsp pepper

Instructions

1. Toast the Italian bread (in a toaster, or on a baking sheet in an oven set at 400 degrees).
2. Rub the toasted bread with the clove of garlic.
3. Combine the tomatoes, basil, salt, and pepper.
4. Spoon the tomato mixture onto the bread and serve.



Makes: 12 servings

Nutrition Information:
CALORIES 60 (5 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 12g; FIBER 1g; PROTEIN 2g; CALCIUM 2%; IRON 4%

Pasta with Fresh Tomato Sauce

Ingredients

- 18 oz. dried pasta, preferably whole wheat
- 4 lbs tomatoes (Romas work best, but any variety will do)
- 1/4 cup olive, canola, or vegetable oil
- 1 small onion, finely chopped
- 3 small cloves of garlic, minced
- 1/2 medium carrot, minced
- 1/3 stalk of celery, minced
- Slivers of fresh basil, to finish

Instructions

1. Cook pasta according to package directions; drain and set aside.
2. Bring a pot of water to boil. Place tomatoes in the water for 10-30 seconds, then rinse immediately under cold water. Peel the tomatoes.
3. Cut tomatoes lengthwise and remove the seeds. Chop the tomatoes coarsely.
4. Heat oil in a large pot over medium heat. Cook onions, carrots, celery, and garlic until just golden, about 10 minutes. Lower heat to medium-low. Add tomatoes and bring to a gentle simmer.
5. Simmer for 45 minutes, stirring occasionally.
6. Serve with pasta and chopped basil on top.

Makes: 8 servings

Nutrition Information: CALORIES 330 (21% from fat); FAT 8g (sat 1g); CHOLESTEROL 0mg; SODIUM 20mg; CARBOHYDRATE 59g; FIBER 11g; PROTEIN 12g; CALCIUM 6%; IRON 15%