

# *Penne Pasta Pomodoro*

Tomatoes are infused with Italian flavors in this ethnic dish that is a snap to prepare.

## **Ingredients:**

3 tablespoons extra virgin olive oil  
3 medium garlic cloves, peeled and thinly sliced  
12 Italian plum tomatoes, cut into chunks  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 lb. whole wheat penne pasta  
10 basil leaves, torn by hand into small pieces  
1/4 cup chopped fresh parsley



## **Directions:**

Cook pasta according to package directions. Meanwhile, in a large skillet, heat olive oil and sauté garlic until golden brown, about 3 minutes. Add plum tomatoes, salt and pepper. Simmer sauce for 5 minutes; do not overcook the tomatoes. Spoon sauce over pasta and sprinkle with parsley and basil.

# Nutritional Information

Serves: 6

Cups of Fruits and Vegetables per Serving: 1/2

Serving Size: not provided

Calories: 369

Total Fat: 9.0g

Saturated Fat: 0.9g

% of Calories from Fat: 20%

Protein: 11g

Cholesterol: 0mg

Carbohydrates: 62g

Dietary Fiber: 8g

Sodium: 70mg