Fresh Tomato Sauce
Serves 4-6
Use juicy, summer sun-ripened tomatoes for this light and fresh pasta sauce.

Ingredients:
2 pounds ripe tomatoes (about 3 large tomatoes)
¼ cup fresh basil leaves
1 tablespoon minced garlic
¼ teaspoon salt
¼ teaspoon pepper
¼ cup olive oil

Directions:
Cut tomatoes in half and squeeze out most of the seeds. Finely chop tomatoes, basil, garlic, salt, and pepper (or pulse ingredients in a food processor to blend). Place ingredients in a large bowl. Stir in oil.

Serve with whole grain pasta and grated cheese

Nutritional Information per ½ cup serving:
Calories: 109 Carbohydrates: 14g
Total Fat: 6g Cholesterol: 0mg
Saturated Fat: 1g Dietary Fiber: 2 g
Protein: 1g Sodium: 168mg