

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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