



## **Tomato and Basil Pasta**

4 servings

Grains are divided into two different groups: whole grains and refined grains. Whole grains contain the whole grain kernel. Refined grains have been put through a process that removes the fiber, iron, and many B vitamins. Iron and B vitamins are often added back into refined products, but the fiber is not.

- 2 cups tomatoes, gently rubbed under cold running water and chopped OR 1 (14.5 ounces) can diced tomatoes, drained
- 1 Tablespoon vegetable oil
- 1 teaspoon dried basil (or ¼ cup fresh basil, gently rubbed under cold running water and chopped)
- <sup>1</sup>/<sub>2</sub> teaspoon minced garlic
- 1/4 teaspoon pepper
- <sup>1</sup>/<sub>2</sub> teaspoon salt (optional)
- 6 ounces whole wheat pasta, uncooked\*
- Parmesan cheese, grated (optional)



- 1. Wash hands with soap and water.
- 2. In a medium bowl, combine tomatoes, oil, basil, garlic, pepper, and salt, if desired.
- 3. Cook pasta according to package directions.
- 4. Drain pasta and add the tomato mixture.
- 5. Top with Parmesan cheese, if desired.
- 6. Store leftovers in a sealed container in the refrigerator for up to four days.

\*If you choose refined grain pasta, make sure it is enriched by checking the ingredient label.

*Nutrition Information per Serving:* (1/4 of recipe) Calories 140, Total Fat 4.5g, Saturated Fat .5g, Protein 4g, Total Carbohydrates 22g, Dietary Fiber 2g, Sodium 125mg.

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