

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)
- ½ teaspoon minced garlic
- ¼ teaspoon pepper
- ½ 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.