

## **WHOLE-WHEAT TOMATO BASIL PASTA**

Create a garden-fresh summer pasta dish that combines juicy tomatoes and fresh basil with the sharp, rich taste of Parmesan cheese.

### **Serves 4**

8 oz. whole-wheat fettuccine  
2 Tbsp. olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
½ tsp. crushed red pepper flakes  
½ tsp. oregano  
3 medium ripe tomatoes, chopped  
1 tsp. salt  
3 Tbsp. chopped fresh basil  
¼ cup grated Parmesan

### **Directions**

1. Cook fettuccine according to package directions.
2. Meanwhile, heat oil in a large skillet over medium heat. Sauté onion until tender (about five minutes). Add garlic, red pepper and oregano; cook one minute.
3. Add tomatoes and salt to skillet and cook until tomatoes are soft and hot, about five minutes more.
4. Place fettuccine in a large serving bowl and top with sauce. Sprinkle with basil and Parmesan. Serve immediately.

**NUTRITION FACTS (per serving): 291 calories, 12 g protein, 49 g carbs, 10 g fat, 13 g fiber, <1 g sugar, 712 mg sodium**