

Not-As-Hotsa Pasta

(Note: Because this dish features a room-temperature sauce, its serving temperature will be lukewarm.)

Yield: 8 servings

Ingredients:

6 medium fresh tomatoes, coarsely chopped
½ cup tightly packed fresh basil leaves, minced
6 garlic cloves, minced
½ cup olive oil, preferably extra virgin
salt and freshly ground black pepper to taste
½ pound mozzarella cheese, cubed
1 pound of uncooked rotelle pasta

Procedure:

Mix together all ingredients except cheese and pasta. Let mixture stand at room temperature for an hour or more to let flavors meld. Just before you prepare the pasta, add mozzarella cubes to the tomato mixture. Cook pasta according to package directions. Drain pasta and place in large serving dish. Add tomato-cheese mixture and toss. Serve immediately with crusty Italian bread and a zesty olive spread (tapenade), if desired.

about 425
calories and
19 grams of
fat per
serving

A serving also provides about 15 percent of the daily recommendation for iron from the pasta, 20 percent of the daily calcium from the cheese and 32 percent of the daily vitamin C from the tomatoes.



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