

Pasta Vermicelli with Fresh Roma Tomato Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 8 ounces

Ingredients	Quantity	Measure
Vermicelli pasta, cooked according to package directions	1	pound
Fresh Roma tomatoes, cut each one into eight pieces	3	pounds
Onions, medium dice	1	cup
Fresh garlic, small dice	2	tablespoons
Olive oil	1	tablespoon
Salt	1	teaspoon
Pepper	1	teaspoon
Garnish		
Fresh oregano, chopped	¼	cup
Fresh basil, chopped	¼	cup

Preparation

1. Sweat onions and garlic in olive oil; add tomatoes cook until slightly broken down, not mushy. Add salt and pepper.
2. Cook pasta until al dente.
3. Serve tomatoes over pasta.
4. Garnish with fresh basil and oregano.

Serving Information

4 ounces vermicelli top with 2 ounces fresh Roma tomato sauce, garnish with fresh chopped basil.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 312 Total Fat: 11g Saturated Fat: 3g Carbohydrate: 44g Protein: 8g Sodium: 108mg
Vitamin A: 67µg Vitamin C: 21mg Calcium: 40mg Iron: 2mg Folic Acid: 166µg