

Fresh Tomato Sauce with Whole Wheat Spaghetti Pasta

Ingredients:

- 3 cups ripe red tomatoes, chopped
- 6 garlic cloves, minced
- 2 teaspoons kosher salt
- 1 tablespoon Italian dressing
- 1 tablespoon olive oil
- 1 medium raw onion, chopped
- 1 pound whole wheat spaghetti

Directions

1. Boil water and cook pasta according to package directions.
2. In a pot, heat olive oil, saute onion and garlic until just tender.
3. Add diced tomatoes and seasonings.
4. Cook until just comes to boil and turn off.
5. Drain pasta. Toss pasta with tomato sauce until well covered. Serve.

Nutrition Facts

Serving Size (77g)
Servings Per Container 9

Amount Per Serving

Calories 45 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Sugars 3g

Protein 1g

Vitamin A 8% • Vitamin C 15%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

