

CAPELLINI WITH FRESH TOMATO SAUCE

SOURCE: Weight Watchers New Complete Cookbook
(Capellini is sometimes called "angel hair" pasta)

INGREDIENTS:

5-6 tomatoes, chopped
1 onion, chopped
1/2 C chopped basil
1/4 C red-wine vinegar
2 TBS olive oil
3 garlic cloves, minced
1 tsp sugar
1/4 lb capellini
1/4 C grated Parmesan cheese

DIRECTIONS:

In large non-reactive bowl, combine tomatoes, onion, basil, vinegar, oil, garlic & sugar - let stand, covered at least 4 hours. Meanwhile, cook capellini according to package directions - drain & place in large serving bowl. Top with sauce - toss to combine - serve, sprinkled with Parmesan.

Makes 6 servings

(per serving: 159 calories; 7g total fat; 2g saturated fat; 3mg cholesterol; 155mg sodium, 21g total carbohydrates; 3g dietary fiber; 6g protein, 79mg calcium - WW points per serving: 3)