

TOMATO-AND-BASIL-SAUCED PASTA

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cook/Prep Time: 35 minutes

INGREDIENTS:

1 small onion
1 clove garlic
1 TBS butter or margarine
1 can (14 1/2 oz) whole Italian-style tomatoes, cut up
 OR 1 lb ripe fresh plum tomatoes peeled/chopped
1 TBS snipped fresh basil or oregano OR 1/2 tsp dried basil or oregano, crushed
1/4 - 1/2 tsp sugar
Dash pepper
2 tsp capers, drained OR 2 TBS sliced/pitted ripe olives
2 oz packaged spaghetti, linguine or other pasta

DIRECTIONS:

In medium saucepan, sauté onion & garlic in hot butter till onion is tender but not brown. Carefully stir in un-drained canned or fresh tomatoes, basil, sugar & pepper. Bring to boil - reduce heat - simmer 20 minutes, uncovered, or till of desired consistency. Stir in capers. Meanwhile, cook pasta - drain immediately - serve sauce over pasta.

Serves: 2

[per serving: calories: 212; protein: 6g; carbohydrates: 34g; total fat: 7g; saturated fat: 1g; cholesterol: 0mg; sodium: 451mg; potassium: 565mg]