



Pasta with Salsa Cruda

Adapted from *Fresh Food Fast*, by Peter Berley

and Melissa Clark

Makes 4 servings

About 2 pounds cherry tomatoes, cut in halves or quarters

½ pound whole wheat or other whole grain pasta,
preferably one with a shape that will hold the sauce,
like fusilli, bow ties, or penne

¼ cup extra virgin olive oil

¼ cup chopped parsley

8-10 fresh basil leaves, torn

2 tablespoons thinly sliced scallions or chives

1 tablespoon balsamic vinegar

2 cloves garlic, minced

Freshly ground black pepper

Parmesan cheese for serving



Directions

Put a large pot of water on to boil and start cooking pasta according to package directions.

In a large bowl, combine the tomatoes, oil, parsley, basil, chives or scallions, vinegar and garlic. Add a few pinches of salt, if desired, to taste.

When pasta is done, drain and immediately add to the bowl with the tomatoes. Add some black pepper, toss and serve with a little Parmesan cheese on top.

**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 2 CUP SERVING:

Calories	357
Fat	15 g
Saturated Fat	2 g
Sodium	164 mg
Carbohydrate	51 g
Fiber	5 g
Protein	10 g
Potassium	681 mg

Also a good source of
Vitamin A, Vitamin C,
B vitamins, iron, magnesium,
selenium, and healthy
phytochemicals

Cost per Serving: \$1.99