

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Simple Fresh Tomato Sauce

Makes about 4 cups

- 4 pounds fresh tomatoes
- 2 tablespoons olive oil
- 2 cloves garlic, peeled and cut in half
- Salt
- 5–6 fresh basil leaves

Directions

Using a box grater, grate the tomatoes into a large bowl. Discard the skins.

Heat olive oil with the garlic cloves on medium heat for about a minute, or until the garlic begins to be fragrant. Take care not to brown or burn the garlic.

Taking care to avoid splatters, add the tomatoes to the olive oil. Add a few pinches of salt and 4 to 5 fresh basil leaves. Simmer until the sauce is to desired thickness. Add salt if needed and/or a pinch of sugar.



NUTRITION INFORMATION PER CUP:

Calories	144
Protein	4 g
Carbohydrate	18 g
Fiber	5 g
Fat	8 g
Sodium	155 mg
Potassium	1081 mg

Also a good source of magnesium, calcium, beta-carotene, Vitamin C, Vitamin A and lycopene

Cost per batch: About \$6.50 if using tomatoes from farmers market at \$1.50 per pound

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please visit *Your Healthy Kitchen*
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