



One-pot Pasta with Fresh Tomato Sauce

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| 12 ounces tri-colored pasta | 1 teaspoon dried oregano | 6 ounces baby spinach with stems removed |
| 8 medium tomatoes, diced** | 1 tablespoon fresh basil, chopped or to top | Parmesan cheese |
| 2 cups low-sodium chicken broth | 1 teaspoon dried Fresh basil for garnish (optional) | |
| 1 small yellow onion, sliced | | |
| 4 garlic cloves, minced or 2 tablespoons garlic powder | 1 teaspoon salt | |

Place all of the ingredients except the spinach, parmesan, and additional fresh basil in a large pot. **Cover** pot with lid and **bring** to boil over medium-high heat. **Reduce** heat to medium-low and let **simmer** for 6 minutes or until pasta is slightly al dente, **stir** occasionally. **Remove** from heat. **Stir** in spinach; **cover** and let stand 5 minutes. **Top** with parmesan cheese and basil just before serving.

**Substitute 2, 14-ounce cans low-sodium diced tomatoes when tomatoes are out of season.

Yield: 6, 1 ½ cup servings

Nutritional Analysis:

260 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 51g carbohydrate, 3g fiber, 8g total sugars, 0g added sugars, 12g protein

Kentucky Tomatoes

SEASON: July through October

NUTRITION FACTS: Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20 mg sodium, and is a good source of potassium.

SELECTION: Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size, and give slightly to pressure. Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2 1/2 cups of chopped tomatoes.

STORAGE: Store ripe tomatoes at room temperature, and use them within three days. Keep out of direct sunlight. Place green tomatoes in a paper bag to ripen.

PREPARATION: Wash fresh tomatoes in cool running water.

To peel: Place tomatoes in boiling water for about 30 seconds, then transfer to cold water. Skins will slip off.

To seed: Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

To slice: Slice lengthwise to retain juice. A serrated knife works best.

TOMATOES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
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Source: FruitsAndVeggies.org

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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