

Fettuccine with Basil Tomato Sauce

Ingredients:

- 2 pounds fresh tomatoes, diced 1 ½ tbsp. brown rice syrup 1 ½ tbsp. balsamic vinegar 3 tbsp. fresh basil, chopped 1 ½ tbsp. fresh chives, chopped 2 tbsp. fresh parsley, chopped 3 fresh garlic cloves, minced 12 ounces whole wheat angel hair pasta 1 ½ tbsp. fresh oregano, chopped 1/₃ cup onion, chopped 3/₄ tsp. salt 3/₄ cup mushrooms, sliced 1 ¼ tsp. extra virgin olive oil
- 2 red bell peppers, chopped

Serving Size 1 1/2 cup Servings Per Contained	o (340g)	cts
Amount Per Serving		
Calories 360 Calo	ories fron	n Fat 35
	% Da	aily Value*
Total Fat 4g		6 %
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 210mg		9%
Total Carbohydrate	71g	24%
Dietary Fiber 9g	_	36%
Sugars 14g		
Protein 11g		
Vitamin A 40% •	Vitamin (2 1700/
	Iron 15%	
*Percent Daily Values are ba: diet. Your daily values may bu depending on your calorie ne Calories:	sed on a 2,0 e higher or l	000 calorie
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g





Directions:

- 1. In a large pot, bring water to a boil and cook pasta. Drain when cooked.
- 2. Wash and dice: tomatoes, bell peppers. Wash and chop: mushrooms, chives, oregano. Wash and mince parsley, mince garlic cloves. Chop sweet onion.
- 3. Combine tomatoes, rice syrup, basil, chives, oregano, salt in a large bowl.
- 4. In sauté pan, add olive oil, onions, mushroom, bell pepper, garlic. Sauté 3-5 minutes.
- 5. Add tomato mixture and simmer for 10 minutes.
- 6. Toss pasta with sauce and mushroom/bell pepper mixture.
- 7. Garnish with ripped basil and serve.