

# Pasta with Tomato Basil and Mushroom

## Ingredients:

- ½ tbsp. olive oil
- 2 ½ lbs. fresh tomato, seeded and diced
- 2 tbsp. brown rice syrup
- 2 tbsp. balsamic vinegar
- 4 tbsp. fresh basil, thinly sliced
- 2 tbsp. fresh chives, chopped
- 2 tbsp. fresh oregano, chopped
- 1 tbsp. fresh Italian parsley, minced
- 4 garlic cloves, minced
- 1lb whole wheat pasta
- ½ cup chopped sweet onion
- 1 cup mushroom, white, chopped
- ½ tsp. salt
- ½ tbsp. olive oil
- Basil sprigs for garnish



## Nutrition Facts

Serving Size 1 1/2 cup (340g)  
Servings Per Container 6

Amount Per Serving

**Calories 390**    Calories from Fat 40

% Daily Value\*

**Total Fat 4.5g** **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 250mg** **10%**

**Total Carbohydrate 76g** **25%**

Dietary Fiber 15g **60%**

Sugars 12g

**Protein 15g**

Vitamin A 8%    •    Vitamin C 60%

Calcium 4%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Combine tomatoes, rice syrup, basil, chives, oregano and salt in large serving bowl.
2. Cook pasta according to package directions; drain.
3. In a sauté pan, add olive oil, onions, mushrooms and garlic and sauté 3-5 minutes.
4. Toss pasta with sauce and mushroom mixture.
5. Garnish with basil and serve.