

# WHOLE GRAIN ROTINI WITH POMODORO SAUCE

Pomodoro sauce is a simple, classic Italian tomato sauce—perfect for a quick, economical Mediterranean meal any night of the week! This delicious dish is wholesome and satisfying, thanks to a generous helping of protein, low-glycemic carbs and fiber.

*1 package (13.25 oz) whole grain rotini, uncooked*  
*1 Tbsp extra virgin olive oil*  
*¼ onion, diced finely*  
*3 cloves garlic, minced*  
*1 – 28 oz can diced tomatoes*  
*¼ tsp smoked paprika*  
*½ c fresh basil leaves, chopped (or 1 tsp dried)*  
*4 oz Parmesan or Asiago cheese, slivered*  
*Optional: freshly ground black pepper or sea salt*



1. Bring a large pot of water to boil. Add rotini and cook for about 10 minutes, until al dente. Drain.
2. While pasta is cooking, heat 1 Tbsp extra virgin olive oil in a large skillet or sauté pan.
3. Add onion and garlic and sauté for about 8 minutes, until soft.
4. While onions are cooking, place canned tomatoes (with liquid) in a blender and pulse for 2-3 seconds only, to provide for a smooth, yet lumpy mixture.
5. Add tomatoes and smoked paprika to the onion mixture, and heat until bubbly. Adjust seasonings as desired.
6. To serve: place drained, hot pasta on a large serving platter (or individual dinner plates); top with pomodoro sauce, fresh basil leaves, and slivered Parmesan or Asiago cheese.

Makes 6 servings

Nutritional Information per Serving: 370 calories, 57 g carbohydrates, 16 g protein, 9 g fat, 617 mg sodium, 7 g fiber



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# MED it UP

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**The good news on the Mediterranean diet just keeps pouring in!**

Scientists have been documenting an array of health benefits—lower risk of heart disease, type 2 diabetes, Alzheimer’s disease and more—linked with this delicious, healthy diet for the past 50 years. And in the new, landmark PREDIMED trial, researchers found a 30% reduction in risk of cardiovascular diseases and a 49% reduced risk of stroke when subjects ate a Med diet with extra virgin olive oil or nuts, compared with a low-fat diet. The exciting results from this study supports what eating Med-style diet, which is rich in fish, whole grains, legumes, fruits, nuts, olive oil, and vegetables—including tomato products.



Tomato products are a key feature in the traditional Med diet, showing up in many Mediterranean cuisines, including Italian, Greek, and Spanish. For hundreds of years tomatoes have been grown and preserved in this sunny region, in order to enjoy them all year long.

## Tips to Med Up Your Diet with Tomato Products

Enjoy the delicious, nutritious flavor of tomato products, including canned tomatoes, tomato sauce, and tomato paste in these Mediterranean dishes.

- *Pasta dishes, such as spaghetti and lasagna, with tomato products, herbs, cheese, and vegetables.*
- *Couscous dishes, which may include seafood or chicken, tomato products, vegetables and spices.*
- *Salads, which may feature greens, grains, legumes, vegetable, herbs, and tomato products.*
- *Soups, based on grains, vegetables, legumes, fish, tomato products and spices.*
- *Fish dishes, which may include herbs, spices, vegetables, grains and tomato products.*
- *Vegetable dishes, such as those featuring eggplant, greens, zucchini, and tomato products.*
- *Dips, such as bruschetta and hummus, which may include tomato products, vegetables, chickpeas, herbs and olive oil.*

For more tips and health information on tomato products, visit [www.TomatoWellness.com](http://www.TomatoWellness.com)

