

Grated Tomato Pasta

Yield: 4 Servings

Ingredients:

- 16 oz spaghetti
- 4 large heirloom tomatoes
- ¼ cup extra-virgin olive oil
- 4 garlic cloves, grated
- ½ cup Parmesan cheese
- Basil leaves, for garnish

Directions:

1. Cook the pasta according to package directions.
2. While the pasta cooks, slice off the bottom of the tomatoes and remove the core. Grate the tomato into a large bowl with a cheese grater. Discard the skins.
3. Stir the garlic and olive oil into the bowl with the tomatoes.
4. As soon as the pasta is cooked, drain it and transfer it to the bowl with the tomatoes. Add in the Parmesan cheese and stir vigorously.
5. Add the basil leaves. Taste the sauce and adjust the seasoning as necessary.

Grated Tomato Pasta		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	388.4	
% Daily Value*		
Total Fat	18.4 g	24 %
Saturated Fat	4 g	20 %
Trans Fat	0.1 g	
Cholesterol	10.7 mg	4 %
Sodium	236.5 mg	10 %
Total Carbohydrate	44.8 g	16 %
Dietary Fiber	4.3 g	15 %
Total Sugars	5.5 g	
Added Sugars	0 g	0 %
Protein	11.9 g	
Vitamin D	0.1 mcg	0 %
Calcium	139.4 mg	11 %
Iron	2.2 mg	12 %
Potassium	517.7 mg	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

