



Pasta with Fresh Tomato Sauce

18 oz. dried pasta, preferably whole wheat
4 lbs tomatoes (Romas work best, but any variety will do)
¼ cup olive, canola, or vegetable oil
1 small onion, finely chopped
3 small cloves of garlic, minced
½ medium carrot, minced
1/3 stalk of celery, minced
Slivers of fresh basil, to finish

1. Cook pasta according to package directions; drain and set aside.
2. Bring a pot of water to boil. Place tomatoes in the water for 10-30 seconds, then rinse immediately under cold water. Peel the tomatoes.
3. Cut tomatoes lengthwise and remove the seeds. Chop the tomatoes coarsely.
4. Heat oil in a large pot over medium heat. Cook onions, carrots, celery, and garlic until just golden, about 10 minutes. Lower heat to medium-low. Add tomatoes and bring to a gentle simmer.
5. Simmer for 45 minutes, stirring occasionally.
6. Serve with pasta and chopped basil on top.



Makes: 8 servings

Nutrition Information:

CALORIES 330 (21% from fat); FAT 8g (sat 1g); CHOLESTEROL 0mg; SODIUM 20mg; CARBOHYDRATE 59g; FIBER 11g; PROTEIN 12g; CALCIUM 6%; IRON 15%



Cherry-Raspberry Crisp

1 ½ lbs. sweet cherries (about 5 cups), fresh or frozen
1 cup raspberries, fresh or frozen
1/3 cup granulated sugar
1 Tbsp cornstarch
1 Tbsp lemon juice
2/3 cup flour, preferably whole wheat
½ cup old-fashioned rolled oats
1 tsp ground cinnamon
1 Tbsp butter, cut in small pieces
1 Tbsp canola or vegetable oil
3 Tbsp orange juice
Cooking spray



1. Preheat oven to 375°F. Coat an 8-inch square baking dish with cooking spray.
2. To prepare filling, combine cherries, raspberries, sugar, cornstarch, and lemon juice in a large bowl. Toss to coat. Place filling in prepared baking dish. Cover with foil and bake for 20 min.
3. Meanwhile, prepare the topping: mix flour, oats, and cinnamon in a medium bowl with a fork. Add butter and blend with fingertips. Add oil and stir to coat. Add orange juice and blend with fingertips until all ingredients are moistened.
4. When the filling is finished baking, stir and sprinkle the topping evenly over it. Bake again, uncovered, until the fruit is bubble and topping is lightly browned, 20-25 min. Allow to cool at least 10 min. before serving.

Makes: 8 servings

Nutrition Information:

CALORIES 170 (24% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 0mg; CARBOHYDRATE 32g; FIBER 3g; PROTEIN 4g; CALCIUM 2%; IRON 8%