



FRESH TOMATO, SAUSAGE, AND PECORINO PASTA

June 3, 2010

Ripe, large-summer tomatoes are juicy and delicious in this entree, with no peeling or seeding necessary.

Yield: 4 servings (serving size: about 2 cups pasta mixture, 1 tablespoon cheese, and 1 tablespoon basil)

8 ounces uncooked penne
8 ounces sweet Italian sausage
2 teaspoons olive oil
1 cup vertically sliced onion
2 teaspoons minced garlic
1 ¼ pounds tomatoes, chopped
6 tablespoons grated fresh pecorino Romano cheese, divided
¼ teaspoon salt
⅛ teaspoon black pepper
¼ cup torn fresh basil leaves

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. Heat a large nonstick skillet over medium-high heat. Remove casings from sausage. Add oil to pan; swirl to coat. Add sausage and onion to pan; cook 4 minutes, stirring to crumble sausage. Add garlic; cook 2 minutes. Stir in tomatoes; cook 2 minutes. Remove from heat; stir in pasta, 2 tablespoons cheese, salt, and pepper. Sprinkle with remaining ¼ cup cheese and basil.

NUTRITION INFORMATION

CALORIES 389; **FAT** 10.7g (sat 4g; mono 4.5g, poly 0.7g); **CHOLESTEROL** 27mg; **CALCIUM** 159mg;
CARBOHYDRATE 53.5g; **SODIUM** 595mg; **PROTEIN** 21.6g; **FIBER** 4.5g; **IRON** 3.3mg;

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CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

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