

PRESIDENT JOE BIDEN

ANGEL HAIR POMODORO

4
SERVINGS

5 MINS
PREP TIME

45 MINS
COOK TIME

INGREDIENTS

- Canned (28-ounce) whole & peeled, unsalted tomatoes
- ¼ cup of water
- 2 cloves crushed garlic
- 1¾ teaspoon salt
- 1 teaspoon sugar
- ½ cup of extra virgin olive oil
- 7–10 sprigs of fresh basil, hand-torn
- 8 ounces angel hair pasta
- Shaved Parmesan, optional

INSTRUCTIONS

1. Put canned tomatoes in a saucepan with salt, sugar, and garlic. Add ¼ cup of water after swirling it around in the can that had the tomatoes first.

2. Bring tomatoes to a boil, then reduce to a simmer. Simmer on low for 30 minutes, uncovered.

3. If some of the tomatoes are still whole, mash them down.

4. Add olive oil and freshly torn basil leaves, then simmer for another 10 minutes to incorporate all the flavors.

5. In a separate pot, boil pasta for 4 minutes for al dente.

6. Either serve the pasta with the sauce on top or with the sauce mixed in, with shaved parmesan as a garnish on top

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NUTRITION PER SERVING (4 SERVINGS)

Calories 480 • Total Fat 31g • Saturated Fat 4g • Sodium 1,190mg •
Total Carbohydrates 44g • Dietary Fiber 6g • Added Sugars 1g • Protein 8g

DIETITIAN'S NOTE

Use 100% whole wheat pasta to increase the dietary fiber content. Adding diced tofu or ground chicken would add protein and spinach would add a variety of micronutrients. Use half as much salt (or switch to "lite" salt) to bring down the high sodium level.

Adapted from: Honest Cooks Kitchen