

Summer Vegetables and Pasta

by Tracey Sinibaldi, RD, LDN

Serves: 4; $\frac{3}{4}$ cup

Ingredients:

4 - 5 medium sized tomatoes
 $\frac{1}{2}$ thinly sliced green pepper
 $\frac{1}{2}$ thinly sliced zucchini
2 slices Vidalia onion, chopped
5 fresh basil leaves; washed; chopped
2 minced garlic gloves
1 Tbsp olive oil
Pepper to taste
Shredded part-skim mozzarella cheese

1. Medium sized sauce pan heat oil on medium heat.
2. Add onions, garlic, tomatoes, green pepper, and zucchini to heated oil. Cook on low-medium heat to slowly render down the tomatoes.
3. Add basil and pepper to mixture and cook for an additional 5 minutes on low heat.
4. Serve $\frac{3}{4}$ cup over 1 cup cooked pasta. Sprinkle shredded part-skim mozzarella cheese on top.

