



Family Plan

Angel Hair with Tomatoes, Basil and Garlic

Serving Size : 6 Preparation Time :0:00

Categories : Main Dish

Amount Measure Ingredient — Preparation Method

1 pound Angel Hair or Capellini pasta — uncooked

2 tablespoons vegetable oil

1 tablespoon minced garlic

5 cups tomatoes — diced

1/2 teaspoon basil

3/4 cup low-sodium chicken broth

5 tablespoons Parmesan cheese

Salt and freshly ground pepper — to taste

Prepare pasta according to package directions; drain. Heat oil in a large skillet over medium-high heat. Add garlic and cook for one minute. Add tomatoes, basil, salt and pepper. Cook for 3 minutes. Add hot pasta to skillet; toss well. Add chicken broth and stir. Toss with Parmesan cheese and serve immediately.

Source:

“National Pasta Association”

S(Internet address):

“<http://ilovepasta.org/>”

Per Serving (excluding unknown items): 378 Calories; 8g Fat (18.2% calories from fat); 14g Protein; 64g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 102mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.