



One-Pan Pasta

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

- 1 (15 oz) can diced tomatoes
- 12 oz whole wheat penne pasta
- 1 onion, thinly sliced
- 4 cloves garlic, thinly sliced
- ½ tsp red pepper flakes
- 3-4 sprigs fresh basil, plus torn leaves for garnish
- 2 Tbsp extra-virgin olive oil
- 1 teaspoon salt
- ¼ tsp black pepper
- Water
- ½ cup freshly grated Parmesan cheese, for serving

Steps:

- Pour the tomatoes into a fine mesh strainer placed over a large liquid measuring cup to catch the juice. Gently press the tomatoes with a spoon until chunky but not completely dry. Set the juice aside.
- In a large, straight-sided skillet, combine tomatoes, pasta, onion, garlic, red pepper flakes, basil, oil, salt, and pepper.
- To the tomato juice, add enough water to equal 4 ½ cups. Add this juice/water mixture to the skillet.
- Bring mixture to a boil over medium-high heat. Boil pasta, uncovered, stirring pasta every few minutes with a wooden spoon, about 9 minutes. Pasta should be al dente and most of the water evaporated.
- Divide among individual serving bowls and top each with grated Parmesan.

Tips from the Test Kitchen: You can also use 12 oz of fresh cherry or grape tomatoes (halved if large) in place of the canned tomatoes. Just use all water for the 4 ½ cups liquid in step 3.

Nutritional Facts: Calories: 275, Carbohydrates: 36 grams, Protein: 9 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 9 mg, Sodium: 1013 mg, Fiber: 6 grams, Total Sugars: 5 grams.