

Angel Hair with Tomatoes, Basil and Garlic

Ingredients:

- 1 lb. angel hair or capellini pasta, uncooked
- 2 Tbsp. vegetable oil
- 1 Tbsp. minced garlic
- 5 c. tomatoes, diced
- 1/2 tsp. basil
- 3/4 c. low-sodium chicken broth
- 5 Tbsp. Parmesan cheese
- Salt and freshly ground pepper to taste

Featured in: Prairie Fare

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Directions:

- 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.

Makes six to eight servings. Each serving contains 369 calories, 7 grams fat, 63.5 grams carbohydrate and 162 milligrams sodium.

NDSU EXTENSION
SERVICE