

Tomato and Basil Sauce



Makes: 2 cups of sauce

Ingredients:

- 1 tbsp olive oil
- 8 cloves garlic, finely chopped
- 2 tbsp dried oregano
- $\frac{1}{4}$ cup fresh basil, chopped
- $\frac{1}{4}$ tsp black pepper
- 1 (15oz) can tomato sauce
- $\frac{1}{2}$ cup water
- 3 tsp Parmesan cheese

Procedure:

- Heat the oil in a small saucepan, and sauté the garlic on medium heat for 2 minutes.
- Add the oregano, basil, and black pepper and sauté for 2 more minutes.
- Add the tomatoes and water, and simmer, uncovered, for 20 minutes.
- Ten minutes before the sauce is done, add the Parmesan cheese.

Per cup:

- Calories: 184
- Protein: 5 gm
- Carbohydrates: 20 gm
- Fat: 9 gm

Serve with hot pasta.