

Looking for ways to add variety to your pasta dinner? Explore the flavors of Italy with pesto and a simple, but flavorful, homemade marinara.

**COOKING
DEMO**

CHUNKY MARINARA SAUCE

Ingredients

- 1 Tbsp olive oil
- 1 small onion, diced
- 2 large cloves garlic, minced
- 1 (14.5 oz.) can low sodium tomato sauce
- ½ (14.5 oz.) can low sodium diced tomatoes
- 1 tsp white sugar
- 1 tsp dried oregano
- 8 oz. cooked, whole wheat pasta

Servings per recipe:
4

Serving size:
½ cup

Nutrition facts for sauce only: Calories 85, Fat 3.5 g, Saturated Fat 0.5 g, Protein 2 g, Carbohydrates 11 g, Fiber 3 g, Sodium 120 mg

Directions

- Heat olive oil in a saucepan over medium-high heat. Add onion and garlic and cook 2 to 4 minutes, stirring frequently, until tender.
- Mix in diced tomatoes, tomato sauce, sugar, oregano and bring to a boil. Reduce heat to low and simmer 15 to 20 minutes, stirring frequently, until flavors are blended.

**Cost of recipe \$3
Cost per serving 75¢**



Adapted from:
<http://allrecipes.com/recipe/chunky-marinara-sauce/>



Cost
of recipe
\$3.60
Cost per
serving
45¢

KALE PESTO PASTA

INGREDIENTS

½ bunch kale (about 2 large stocks, stems discarded)
14 oz. whole grain rotini pasta
¼ cup toasted walnuts
1 clove garlic, minced
½ cup Parmesan cheese
¼ cup olive oil
½ tsp garlic salt
1 Tbsp lemon juice

DIRECTIONS

- Boil about 6 cups of water. Rinse the kale and rip the leafy parts off of the stems. Discard the stems. Add the kale to the boiling water and boil for about 5 minutes until tender. Remove the kale from the water (keep the water in the pot), and set in a strainer to drain.
- Add pasta to the boiling water and cook about 10 minutes until tender. Drain the pasta, reserving about $\frac{1}{3}$ cup of the water in the pot. Once drained, return the pasta to the pot with the reserved water.
- Squeeze the kale to drain any excess water. Add the kale, garlic, Parmesan, garlic salt, and toasted walnuts to the food processor or blender. Pulse the blender and gradually add the olive oil until all ingredients are combined.
- Add the pesto to the pasta and toss to coat. Add lemon juice and stir.

Nutrition Facts: Calories 280, Saturated Fat 2 g, Sodium 133 mg, Potassium 41 mg, Carbohydrates 37 g, Protein 9 g

