



Cherry Tomato and Dried Tomato Sauce

Ingredients

PASTA

- 300 g long pasta (whole wheat)

CHERRY TOMATO AND DRIED TOMATO SAUCE

- 1 tbsp (15 ml) vegetable oil
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 sprig fresh thyme (leaves only)
- 4 cups (about 680 g) red cherry tomatoes, cut in 2
- ¼ cup (60 ml) dried tomatoes in oil, drained and diced
- ¼ cup (60 ml) Kalamata olives, pitted and chopped
- ¼ cup (60 ml) fresh basil, chopped into thin strips
- Salt and pepper, to taste

YOU WILL NEED:

- large pot and lid
- strainer
- cutting boards
- knives
- large frying pan
- set of measuring spoons
- set of measuring cups
- wooden spoon

Preparation

PASTA

- 1 Fill a large pot with salted water and bring to a boil.
- 2 Add pasta and cook uncovered, stirring occasionally. Cooking time will vary depending on the type of pasta. Taste after a few minutes to check the cooking.
- 3 Drain with a strainer. **DO NOT RINSE THE PASTA!** If you do not serve the pasta right away, pour a dash of oil on it and stir; this will prevent it from sticking.

CHERRY TOMATO AND DRIED TOMATO SAUCE

- 4 Heat a large skillet over medium-low heat and add the oil.
- 5 Sweat the onion for a few minutes.
- 6 Add garlic and thyme and continue cooking for 2 to 3 minutes.
- 7 Add cherry tomatoes and simmer for 10 minutes, stirring occasionally or until softened.
- 8 Add dried tomatoes, olives and basil and mix. Season to taste and serve over pasta.



CHEF'S TIP: Do not exceed the cooking time of the sauce; otherwise, the tomato peel will separate from the flesh.

DIETITIAN'S TIP: Serve with white fish from sustainable fishing or a chicken escalope. Add lentils to the sauce or serve with a glass of milk or unsweetened fortified soy beverage to add protein to make a complete meal.