

Pasta Toss

Use whatever pasta that is in your pantry.

MAKES 8 SERVINGS

- 1 (16-ounce) package pasta
- 2 tablespoons olive oil
- 1 cup chopped tomato
- 1 tablespoon minced garlic
- 1 teaspoon dried basil leaves
- 1 cup coarsely chopped green onions (scallions)
- 1/3 cup grated Parmesan cheese

Prepare the pasta according to package directions; drain and set aside. In a large skillet, heat the olive oil and sauté tomato and garlic for 1 minute. Add the basil and green onions and pasta. Toss with the Parmesan cheese.

Nutritional information per serving

Calories 270, Protein (g) 10, Carbohydrate (g) 45, Fat (g) 6, Cal. from Fat (%) 19, Saturated Fat (g) 1, Dietary Fiber (g) 2, Cholesterol (mg) 3, Sodium (mg) 86, Diabetic Exchanges: 3 starch, 1 fat

DOC'S NOTES:

Depending on how you feel, adjust the amount of tomatoes and green onions.