CHERRY TOMATO PASTA

Fresh and delicious...in less than 20 minutes! Pasta (in Canada) is fortified with iron, folate and other B vitamins and is an inexpensive, healthy and filling Grain Product on Canada's Food Guide.

INGREDIENTS

- 4 cups cherry tomatoes, halved
- 2 cloves garlic, minced
- 2 Tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon oregano
- Spaghetti noodles, uncooked - 180 g/6 oz. (will yield about 3 cups cooked noodles)

Garnish (optional):
  - Grated Parmesan cheese
  - Fresh basil leaves
  - Salt & pepper

FUN FACT

- One research study showed that people who ate 40 g of tomato paste (containing a large dose of the antioxidant "lycopene") along with olive oil had 40% fewer sunburns!

INSTRUCTIONS

01
In a large bowl, gently stir together all ingredients (except pasta).

02
Place on a foil-lined baking pan and roast at 425F for 15 minutes or until softened. Broil 1-2 minutes to add a little bit of char/colour once softened.

Meanwhile, cook pasta noodles (as per package directions) in a large pot of boiling water; drain but do not rinse when pasta is tender but firm (al dente). Add roasted vegetables to the pasta and toss to combine.

03

04
Top with Parmesan cheese, fresh basil and salt & pepper, as desired.