

BRC Healthy Meal of the Week

Tortellini with Tomato Basil Sauce - Another Delicious, Healthy, Well Balanced Meal!

Ingredients (Serves 4)

Total Prep Time 10 minutes

2 teaspoons olive oil
1 large onion, chopped
15 ounces chopped, canned tomatoes, undrained
12 ounces frozen cheese tortellini
1/4 cup chopped, fresh basil
2 tablespoons freshly grated Parmesan cheese
salt to taste
freshly ground black pepper

Cooking Instructions—Total Cooking Time

1. Bring a large pot of salted water to a boil.
2. In a large skillet, heat the oil over medium-heat. Add the onion and cook, stirring, until well browned, about 10 minutes. Add the tomatoes and their juices and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, until the sauce is slightly thickened, about 5 to 10 minutes. Season with salt and pepper.
3. Meanwhile, cook the tortellini until al dente, about 5 minutes. Drain and transfer into a large bowl. Toss with the tomato sauce and basil. Adjust the seasoning with salt and pepper.
4. Sprinkle with the Parmesan cheese and serve immediately.

Nutrition Facts

Serving Size is about 2 cups of cooked pasta

- Calories 339
- Protein 15 g
- Total Carbohydrate 46 g
- Dietary Fiber 3 g
- Soluble Fiber 0 g
- Insoluble Fiber 1 g
- Sugar 6 g
- Total Fat 10 g
- Saturated Fat 4 g
- Monounsaturated Fat 2 g
- Trans Fats 0g



Recipes courtesy of www.foodfit.com