



Red Hot Fusilli

Instructions

1. Heat oil in a medium saucepan. Saute garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently.
3. Cook pasta firm in unsalted water.
4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

Tip

This dish is low in saturated fat and is cholesterol free. The tomatoes host vitamin C, fiber, potassium, and choline content which all support heart health.

Yield: 4 servings

Serving size: 1 cup

Calories 304

Total fat 5 g

Saturated fat <1 g

Cholesterol 0 mg

Sodium 285 mg

Ingredients

- ❖ 1 tbsp olive oil
- ❖ 2 cloves garlic, minced
- ❖ ¼ C freshly minced parsley
- ❖ 4 C ripe tomatoes, chopped
- ❖ 1 tbsp fresh basil, chopped or 1 tsp dried basil
- ❖ 1 tbsp oregano leaves, crushed or 1 tsp dried oregano
- ❖ ¼ tsp salt
- ❖ Ground red pepper or to taste cayenne
- ❖ 8 oz uncooked fusilli pasta (4 cups cooked)



To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting <http://www.nhlbi.nih.gov>.

