

## Tomato and Basil Pasta

4 servings

2 c. tomatoes or 1 (14.5 oz.) can tomatoes, chopped  
1 tsp. dried basil  
1 clove garlic, minced  
1/8 tsp. pepper  
1/2 tsp. salt (optional)  
6 oz. angel hair pasta, uncooked  
Grated Parmesan cheese (optional)

1. In a bowl, mix tomatoes, basil, garlic, pepper, and salt.
2. Cook angel hair pasta according to package directions, omitting oil and salt.
3. Drain pasta and add tomato mixture.
4. Serve immediately. Top with Parmesan cheese, if desired.

**Nutrition Information per Serving:** Calories 190, Total Fat 1.5 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 43 g (14% DV), Dietary Fiber 1 g (6% DV), Sugars 6 g, Protein 4 g, Vitamin A 4%, Vitamin C 15%, Calcium 6%, Iron 10%.



**Nebraska ranks 44<sup>th</sup> out of 51 states/DC for fruit and vegetable consumption.**

(Source: 2005 BRFSS)

In an effort to improve this statistic, the Community Nutrition Partnership Council (CNPC) is promoting the *Pick a Better Snack* campaign to increase fruit and vegetable consumption in Nebraska. This campaign was originally developed by Iowa, but was adapted by CNPC to meet our needs in Nebraska. CNPC is comprised of nutrition professionals throughout the state of Nebraska that are interested in improving the health of Nebraskans with limited resources. With your help we hope to reach more people with our message and increase the amount of fruits and vegetables Nebraskans consume.



Source: <http://www.fruitsandveggiesmatter.gov>

Funded by USDA Food and Nutrition Service and Nebraska Health and Human Services System 2007.

## THE RED GROUP



Eating a wide variety of fruits and vegetables from the **RED** group may help improve your heart health, memory function, and urinary tract health. They may also help lower the risk of some cancers.

## **RED** Fruits

---

- Blood Oranges
- Cherries
- Pomegranates
- Raspberries
- Red Apples
- Red/Pink Grapefruit
- Red Grapes
- Red Pears
- Strawberries
- Watermelon



## **RED** Vegetables



- Beets
- Radicchio
- Radishes
- Red Onions
- Red Peppers
- Red Potatoes
- Rhubarb
- Tomatoes

## **RED** Beans & Peas

---

- Red/Pink Kidney Beans
- Red Lentils
- Red/Pink Pinto Beans



All fruits and vegetables are great sources of fiber and nutrients!