

Creamy Tomato-Pepper Pasta

Serves 4.

This creamy pasta dish is *nearly* as easy as opening a jar. Bright and fresh both in color and flavor, it's power-packed with fresh tomatoes and red bell pepper.

1 small onion, chopped
2 Tbsp. garlic, minced
2 Tbsp. olive oil
1 large red bell pepper, chopped
3 cups fresh tomatoes, seeded and chopped
¼ cup non-fat half-and-half (available in the dairy section)
¼ cup Parmesan cheese, grated
½ tsp. black pepper
1 pound dry bowtie or penne pasta (red pasta, if you can find it),
cooked and drained

Sauté garlic and onion in oil on medium-low heat until the onion is translucent, splashing in a few drops of water midway through cooking, if necessary, to prevent burning. Add bell pepper and sauté until tender-crisp, about 2 minutes. Stir in tomato and bring to a simmer. Turn the heat off, let mixture cool down for a minute or two, and gradually stir in half-and-half. Add cheese and pepper, stir, and turn heat to low. Cook until heated again, and serve over pasta.

Nutritional Analysis Per Serving:

- 567 calories, 98 grams, 19 grams protein, 10 grams fat, 2 grams saturated fat, 4 milligrams cholesterol, 196 milligrams sodium, 7 grams fiber
- 17% calories from fat
- 2 "5 A Day" servings