



PASTA WITH ROASTED TOMATOES, CAPERS AND OLIVES

Advanced Lifestyle

Ingredient

1 TBS olive oil
1 onion, chopped
2 cloves garlic, minced
2 cups whole, canned plum tomatoes, drained
1 TBS balsamic vinegar
1 TBS capers
½ cup halved, pitted olives
1 sprig fresh oregano, or 1/4 TSP dried oregano
pinch of salt
freshly ground black pepper
1/4 cup freshly grated Parmesan cheese
12 oz. penne pasta

Instructions

1. Heat the olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until soft and translucent, about 5 minutes. Add the garlic and cook for 2 minutes more. Add the tomatoes and balsamic vinegar and cook for 2 more minutes.
2. Transfer this mixture to a baking dish and stir in the capers, olives, oregano, salt and pepper. Place the dish in the oven and roast for 20 minutes at 375°.
3. Meanwhile, bring a large pot of salted water to a boil. Drop in the pasta and cook until it is *al dente*, about 8 to 10 minutes. Drain. Put the pasta in a warm serving bowl, toss with Parmesan cheese and add the tomato mixture.

Portion-Per-Serving Information: (Yields 8 serving):

1 serving = 1 cup = 1 V, 2 G