



Spaghetti with fresh tomatoes, basil & parmesan

RECIPE

INGREDIENTS

- 7-10 fresh cherry or camone tomatoes
- 6 -10 large leaves fresh basil
- 1 medium red onion
- Parmesan cheese; nice chunk to be grated

NOTE: you can do this without the cheese if you do not like. it

- Oregano, salt, pepper
- **Optional:** garlic

INSTRUCTIONS

- Slice onion and sauté until golden in a deep pan with salt & olive oil
If you are using garlic add it 2 minutes before adding tomatoes
- Slice tomatoes in half and add to onions with some salt and more olive oil
NOTE: if you do not like the skins of the tomatoes, in the pot you will use for the spaghetti boil water, pop the tomatoes in and boil until the skin breaks, remove with a sieve spoon, peel, and cut. You can use the same water for the spaghetti
- Slice basil into thin ribbons with a nonmetal knife, or rip gingerly with your hands
- Add basil & oregano to tomatoes and simmer under low heat
- Prepare spaghetti; preferably buckwheat or lentil
- Grate generous amount of parmesan cheese
- Add drained spaghetti to the pot where tomatoes were prepared & gently mix together

SERVING/NOTES

- Serves 2 if served as a first or with sides and for 1 if it is the only dish
- Sprinkle remaining parmesan over plated pasta

Nutrition tip

This is a perfect dish when tomatoes are in season and fresh. Cooked tomatoes are a good source of fiber plus they release lycopene; a powerful antioxidant which decreases risk of bone loss, stroke, and even sunburn. Basil is known to ease inflammation - making them a natural cramp reliever during menstruation - and joint pain.