

Pasta with Creamy Tomato Sauce



Ingredients

3 cups whole wheat pasta, cooked	1/2 can tomato paste (3 oz)
1 Tbsp water	1 1/8 cups vegetable broth
1/2 large onion, chopped	2 1/4 tsp balsamic vinegar
1 1/2 Tbsp minced garlic	3/4 tsp Italian seasoning
1 jar roasted red bell peppers (12 oz)	1 tsp hot sauce
6 oz low fat, firm silken tofu	1 can diced tomatoes (14.5 oz)
	3/4 tsp salt and pepper to taste

Instructions

In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onion and cook about 3 minutes, adding water just as needed to prevent sticking. Add garlic and saute 1-2 minutes more. In a blender or food processor puree roasted red peppers, tofu, tomato paste, vegetable broth, balsamic vinegar, Italian seasoning, and hot sauce. Add to onions and garlic. Add diced tomatoes and season with salt and pepper. Bring sauce to a boil and reduce heat. Allow to slightly thicken. Toss pasta with sauce.

Nutrition Information Per Serving

Serving Size: 1/2 cup

Serves 6

Calories: 170

Fat: 1 gm

Sodium: 190 mg

Fiber: 5 gm

Carbohydrates: 32 gm

Protein: 7 gm

Sugar: 5 gm