

Tortellini with Tomato Basil Sauce

This Recipe Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients

2 teaspoons olive oil

1 large onion, chopped

15 ounces chopped, canned tomatoes, undrained

12 ounces frozen cheese tortellini

1/4 cup chopped, fresh basil

2 tablespoons freshly grated Parmesan cheese

salt to taste

freshly ground black pepper

Cooking Instructions

1. Bring a large pot of salted water to a boil.

2. In a large skillet, heat the oil over medium-heat. Add the onion and cook, stirring, until well browned, about 10 minutes. Add the tomatoes and their juices and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, until the sauce is slightly thickened, about 5 to 10 minutes. Season with salt and pepper.

3. Meanwhile, cook the tortellini until al dente, about 5 minutes. Drain and transfer into a large bowl. Toss with the tomato sauce and basil. Adjust the seasoning with salt and pepper.

4. Sprinkle with the Parmesan cheese and serve immediately.

Nutrition Facts

Serving Size about 2 cups

Amount Per Serving:

Calories 339

Total Fat 10 g

Saturated Fat 4 g

Protein 15 g

Total Carbohydrate 46 g

Dietary Fiber 3 g

Sodium 458 mg

Percent Calories from Fat 26%

Percent Calories from Protein 18%

Percent Calories from Carbohydrate 55%