

Quick Tomato Sauce

Yield: 8 servings

Ingredients

2 teaspoons olive oil
1 medium sweet onion, rough
chopped
2 to 3 cloves garlic, chopped
2 (15 ounce) cans canned diced
tomatoes, no salt added
3 tablespoons basil, fresh,
chopped
1 lemon, zested and juiced
½ teaspoon kosher salt
¼ teaspoon black pepper,
ground
½ teaspoon red pepper flakes
(optional)

Instructions

1. Heat oil in a medium-sized sauce pan over medium heat.
2. Once oil is hot, add onions. Cook until onions are translucent, about 3 minutes.
3. Add garlic and sauté another for about 30 seconds – do not allow garlic to brown.
4. Add in remaining ingredients and allow to simmer for 15 to 20 minutes.
5. Using a blender or stick blender, puree the tomato sauce, leaving some chunks behind if desired.
6. Enjoy!

Nutrition Information

Serving Size: ½ cup
Calories: 30
Total Fat: 1.5 g
Saturated Fat: 0 g
Monounsaturated Fat: 1 g
Sodium: 125 mg
Total Carbohydrate: 5 g
Dietary Fiber: 1 g
Sugars: 0 g
Protein: 1 g

Source: Health Meets Food



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