

Food is Health • Community Recipe Challenge

One-Pot Tomato Basil Pasta

Ingredients

8 ounces whole-wheat rotini
1 cup water
2 cups low-sodium "no-chicken" broth
1 (15 ounce) can no-salt-added diced tomatoes
2 tablespoons extra-virgin olive oil
1 1/2 teaspoons Italian seasoning
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon crushed red pepper
6 cups baby kale or baby spinach
1/2 cup slivered basil
Grated Parmesan cheese for garnish



Recipe from [EatingWell.com](https://www.eatingwell.com)



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Instructions

1. Combine pasta, water, broth, tomatoes, oil, Italian seasoning, onion powder, garlic powder, salt and crushed red pepper in a large pot.
2. Cover and bring to a boil over high heat.
3. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes.
4. Stir in kale and cook, stirring often, until most of the liquid has been absorbed, 5 to 7 minutes more. (If using spinach, add it after about 10 minutes so it cooks in the remaining 2 to 3 minutes.)
5. Stir in basil.
6. Garnish with Parmesan, if desired.

Nutrition Information per Serving

Serves 4

Calories	339
Protein	11 g
Carbohydrates	55 g
Total Fat	10 g

Note:

Equipment: Large Pot



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For questions, please email FoodisHealth@elcaminohealth.org.

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