



Roasted Tomatoes and Farfalle



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 490, calories from fat 170,
total fat 18g, saturated fat 3g, trans
fat 0g, cholesterol 5mg, sodium
790mg, total carbohydrate 71g,
dietary fiber 6g, sugars 10g,
protein 14g, vitamin A 40%,
vitamin C 50%, calcium 15%,
iron 20%

- 2 cloves garlic
- 1½ cups fresh Italian bread crumbs
- ¼ cup fresh oregano, finely chopped
- ¼ cup fresh basil, finely chopped
- ⅓ cup + 1 Tbsp extra virgin olive oil, divided
- 3 lbs ripe red tomatoes
- 12 oz farfalle (bow-tie pasta)
- ¼ tsp ground black pepper
- ¼ cup parmesan cheese

DIRECTIONS:

1. Preheat oven to 375°F. In large bowl, mash garlic. Add bread crumbs; toss. Add oregano, basil and ⅓ cup extra virgin olive oil; toss again.
2. Cut tomatoes in half lengthwise; seed and core them. Spray the bottom of heavy casserole dish with non-stick cooking spray; place tomatoes in dish, cut side up.
3. Spoon bread crumb mixture into tomatoes. Sprinkle with pepper and drizzle 1 Tbsp extra virgin olive oil over top; bake for 1 hour.
4. When tomatoes have baked 40 minutes, cook pasta in salted water to al dente.
5. When tomatoes have finished roasting, drain pasta. Place tomatoes on top of pasta, top with parmesan cheese and serve immediately.

Source: Juanita Garcia, Pedernales Electric Cooperative, Texas

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Shopping List

PRODUCE:

- 2 cloves garlic
- ¼ cup fresh oregano
- ¼ cup fresh basil
- Ripe red tomatoes

DAIRY:

- Parmesan cheese

**WHOLE GRAINS/
BREADS/PASTA:**

- Fresh Italian bread crumbs
- Farfalle (bow-tie pasta)

SPICES/SEASONINGS:

- Ground black pepper

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Extra virgin olive oil

FOLD