

# BURST CHERRY TOMATO PASTA

Prep Time 0 mins | Cook Time 30 minutes | Yields 6 servings

## INGREDIENTS

16 ounces quinoa/brown rice pasta  
1 tablespoon olive oil  
1 pint cherry tomatoes  
2 tablespoons minced garlic  
¼ cup dry sherry  
2 teaspoons lemon zest  
2 tablespoons lemon juice  
½ teaspoon salt  
¼ cup basil cut into thin ribbons  
1 cup part skim milk ricotta cheese

## INSTRUCTIONS

- 1) Bring a large pot of water to a rolling boil. When water is boiled, add pasta and cook as directed on the packaging.
- 2) Heat a large skillet to a medium-high heat. Add 1 tablespoon olive oil.
- 3) Puncture the skin of each cherry tomato and then add them to the skillet. Cook until the skin of the tomatoes have started softening, about 5 to 6 minutes.
- 4) Add garlic to the skillet and cook another minute.
- 5) Add sherry, and reduce heat for 1 or 2 minutes. Meanwhile, use the back of a wooden spoon to gently smash the tomatoes so their juices are released.
- 6) Add lemon zest, lemon juice, and salt. Continue to cook until the tomatoes are completely cooked and soft.
- 7) Portion pasta and reduced cherry tomato sauce. Dot each portion with the ricotta and sprinkle with basil ribbons.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
<b>calories</b>	370
% Daily Value *	
<b>Total Fat</b> 8 g	12 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 13 mg	4 %
<b>Sodium</b> 238 mg	10 %
<b>Potassium</b> 206 mg	6 %
<b>Total Carbohydrate</b> 64 g	21 %
<b>Dietary Fiber</b> 3 g	14 %
<b>Sugars</b> 2 g	
<b>Protein</b> 11 g	22 %
Vitamin A	25 %
Vitamin C	7 %
Calcium	16 %
Iron	7 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	