

Creamy Tomato Sauce



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What You Need

1 tbsp olive oil
4 garlic cloves
1/2 tsp red pepper flakes (or more if you like it spicy!)
1 - 796 ml can of stewed tomatoes, diced
1/4 cup chopped parsley

Using canned evaporated milk lowers the fat and calories in this creamy sauce. Serve with pasta and a tossed salad.

Makes 6 Servings

1/2 tsp pepper
2 tbsp flour
1/2 cup parmesan cheese
1 can (385 ml) evaporated skim milk

Per Serving

Calories 171
Carbohydrates 19 g
Protein 10 g
Fat 7 g
Dietary Fiber 0 g

How You Prepare

Heat oil in a heavy pot and add minced garlic and pepper flakes (be careful not to brown). Stir in pepper flakes and tomatoes. Cook for 15 minutes until the mixture thickens. Add parsley. Mix pepper, flour and parmesan cheese into evaporated milk and slowly add to tomato mixture. Serve over cooked pasta and sprinkle with parmesan cheese.