



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



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## **PASTA WITH ROASTED TOMATOES, CAPERS & OLIVES**

Final Lifestyle

### Ingredients

1 TBS olive oil  
1 onion, chopped  
2 cloves garlic, minced  
2 cups whole, canned plum tomatoes, drained  
1 TBS balsamic vinegar  
1 TBS capers  
½ cup halved, pitted olives  
1 sprig fresh oregano, or 1/4 TSP dried oregano  
Morton's Lite salt, to taste  
freshly ground black pepper  
1/4 cup freshly grated Parmesan cheese  
12 oz. penne pasta

### Instructions

1. Heat the olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until soft and translucent, about 5 minutes. Add the garlic and cook for 2 minutes more. Add the tomatoes and balsamic vinegar and cook for 2 more minutes.
2. Transfer this mixture to a baking dish and stir in the capers, olives, oregano, salt and pepper. Place the dish in the oven and roast for 20 minutes.
3. Meanwhile, bring a large pot of salted water to a boil. Drop in the pasta and cook until it is *al dente*, about 8 to 10 minutes. Drain. Put the pasta in a warm serving bowl, toss with Parmesan cheese and add the tomato mixture.

**Portion-Per-Serving Information:** (Yields 8 servings)

Serving = 1 cup = 2 G, 1 V, ½ FT