



Herbed Pasta with Roasted Cherry Tomatoes

½ pound whole wheat pasta	4 chopped garlic cloves	2 teaspoons dried oregano
3 tablespoons olive oil	1 medium chopped red bell pepper	1 tablespoon chopped fresh parsley
1 pint cherry tomatoes	6 tablespoons chopped fresh basil	½ teaspoon salt
1 medium chopped onion	1 teaspoon dried thyme	1 teaspoon red pepper flakes (optional)

- 1. Cook** pasta according to package.
- 2. Preheat** oven to 400°F.
- 3. Score** each of the cherry tomatoes with a small X. **Toss** the tomatoes with 1 tablespoon olive oil and **roast** in oven for 10-15 minutes, until they burst.
- 4. Sauté** onion in 2 tablespoons olive oil for 5 minutes.
- 5. Add** garlic and red bell peppers. **Sauté** for an additional 5 minutes.
- 6. Add** fresh and dried herbs, salt and oven roasted cherry tomatoes.
- 7. Toss** with drained pasta.

Yield: 6, 1 cup servings.

Nutrition Analysis: 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Fresh Basil

SEASON: Spring through summer

NUTRITION FACTS: A four teaspoon serving of fresh basil has 20 mg of potassium and 0 calories. Basil has a warm, spicy smell and a pungent flavor, similar to that of licorice and cloves. The most common variety is sweet basil. Other popular varieties include Italian, lemon, purple, Thai and dwarf basil.

USES: The flavor of many garden vegetables is enhanced by adding fresh basil. It adds zest to summer squash, eggplant, potatoes, cabbage, cauliflower and spinach. The most common use is in tomato recipes and is the main ingredient in pesto.

STORAGE: Basil may be harvested anytime and used fresh. To dry basil leaves, cut the stalks 6 inches above the ground. Strip the leaves and dry in a dehydrator or place on a screen and dry in a dark,

Source: www.fruitsandveggiesmatter.gov

well ventilated room. Basil can also be dried by hanging upside down in a well ventilated space, out of the sun. Store dried leaves in an air-tight container. Leaves can also be frozen. Frozen or dried basil should be used within a year.

GROWING: Basil is easy to grow from seed. Start seeds indoors 4-6 weeks before the last frost. It can grow 1 foot tall in a garden but is often grown indoors in containers. Basil plants require a lot of sunlight.

BASIL

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition
and Food Science students

June 2012

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