



Pasta with Green Tomatoes and Ricotta *in a new light*

Makes: 4 servings

Prep Time: 10 minutes

Cook time: 10 minutes

Difficulty: Easy

Ingredients:

- 1 3/4 cup low-carbohydrate penne or rotini pasta, such as Dreamfield's pasta
- 2 teaspoons extra-virgin olive oil
- 1/2 medium red onion, finely chopped
- 2 tablespoons water
- 2 garlic cloves, minced
- 2 medium green tomatoes or 4 medium tomatillos, chopped
- 1/2 teaspoon grated lemon zest
- 2–3 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/2 cup part-skim ricotta cheese
- 2 tablespoons minced fresh chives (optional)

Directions:

Prepare the pasta according to package directions, omitting salt; drain.

Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the water and garlic and cook, stirring, until the liquid is evaporated, about 1 minute.

Add half of the tomatoes and cook, stirring, over medium-high heat, until the tomatoes begin to soften slightly, about 1 minute. Add the pasta, remaining tomatoes, lemon zest, 2 tablespoons of the lemon juice, salt, and red pepper flakes. Cook, stirring, until pasta is heated through and the flavors are blended, about 5 minutes; remove from the heat. Add the ricotta, tossing gently to coat well. Taste for seasoning and add the remaining 1 tablespoon of lemon juice if needed. Sprinkle with the chives, if using, and serve at once.

Nutritional Information: *Per serving (1 cup): 230 calories, 5 g fat (2 g saturated, 0 g trans), 10 mg cholesterol, 200 mg sodium, 38 g carbohydrate, 5 g fiber, 10 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.