

Fresh Tomato Sauce

- 1 tablespoon olive oil
- 2 cups fresh, ripe tomatoes, chopped
- 1/4 teaspoon salt or to taste
- 1 tablespoon fresh basil, torn

1. Heat a medium skillet over medium heat. Add olive.
2. Add tomatoes and salt, simmer 10 minutes. Add basil and remove from heat.
3. Cover pan tightly and set aside for 30 minutes. Adjust seasoning and serve.



Suggestion: Serve with bread or pasta.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Calories 46	Calories from fat 36	
	% Daily Value	
Total Fat 4g		6%
Saturated Fat	trace	2%
Cholesterol 0mg		0%
Sodium 140mg		6%
Carbohydrate 3g		1%
Dietary Fiber	1g	3%
Protein 1g		1%
Vitamin A: 10%	Vitamin C: 24%	Folacin: 3%
Calcium: 1%	Iron: 2%	Potassium: 5%