

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Spaghetti with Three-Tomato Sauce

From Everyday Food "Great Food Fast"

Serves 4

Coarse salt and fresh ground pepper

1 pound brown rice (we prefer because it is gluten-free) or whole wheat spaghetti

½ cup oil-packed sun-dried tomatoes, chopped, oil reserved

4 garlic cloves, minced

¼ to ½ teaspoon red pepper flakes

1 can (28 ounces) whole peeled tomatoes

1 pound cherry tomatoes, halved

1. In a large pot of boiling salted water, cook the spaghetti until al dente according to the package directions. Drain, reserving 1 cup of the pasta water; return the pasta to the pot.
2. Meanwhile, heat 2 tablespoons sun-dried tomato oil in a large saucepan over medium heat. Add the garlic and red pepper flakes; cook until fragrant, 30 seconds. Add the canned tomatoes (with juice) and sun-dried tomatoes. Simmer gently, stirring occasionally and breaking up the canned tomatoes, until thick, about 15 minutes.
3. Add the cherry tomatoes; simmer until soft, about 10 minutes.
4. Add to the pasta. Season with salt and pepper. Toss, adding pasta water as desired. Serve immediately.

You can also add 1 pound of ground beef with the garlic and red pepper flakes and cook until browned before adding the remaining ingredients.