

MAKE A GREAT PLATE.

Roasted Tomato Pasta

INGREDIENTS

- 2 pints (4 cups) cherry or grape tomatoes, halved
- 2 tbsp extra-virgin olive oil
- 4 cloves garlic, minced
- ¼ tsp each salt and black pepper
- 8 oz. whole-grain spaghetti
- ¼ cup fresh chopped basil
- 2 cups cubed cooked chicken

DIRECTIONS

Preheat oven to 375°F. Line baking sheet with parchment paper. **Combine** tomatoes, oil, garlic, salt, and pepper in a bowl; mix, then spread on a baking sheet. **Bake** 30 minutes. **Meanwhile**, cook pasta according to package directions. **Drain** and put into serving bowl. **Top** with tomatoes, basil and chicken. **Combine** and serve.

Makes 4 Servings. Each: 414 calories • 33g protein • 12g total fat • 49g carb • 0g sugar
10g fiber • 220mg sodium • 2g saturated fat • 6g mono fat • 3g poly fat

