

## Cherry Tomato Pasta Sauce

(NAPSA)—If you want to help your family be a picture of health, try adding colorful tomatoes to everyday dishes.

Red, vibrant tomatoes are a delicious way to boost your vitamin C, vitamin A, iron and beta-carotene—an antioxidant said to contribute to lowering the risk of cancer. Plus, tomatoes grown in Mexico are available during the colder months, meaning your family can enjoy them year-round.

So how can you add more tomatoes to your diet? Pasta sauce is a great place to start. Try this recipe from “The Great Tomato Book” by Gary Ibsen and Joan Nielsen.

### Quick Cherry Tomato Pasta Sauce

*Serves 4*

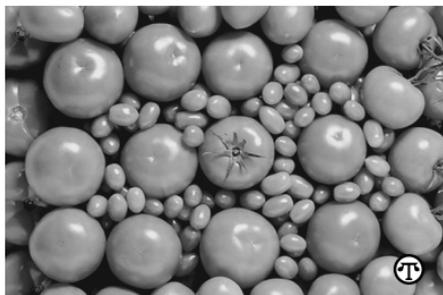
Cook about half of a pound (dry weight) of your favorite pasta and have it ready to go in a warmed pasta bowl before you make the sauce. This dish comes together quickly, with a fresh, picked-from-the-garden flavor and an amazing show of red, yellow and green colors.

**2 tablespoons extra virgin olive oil**

**2 tablespoons unsalted butter**

**1 large clove garlic, finely chopped**

**½ pound red and yellow cherry tomatoes, rinsed and dried**



**See Red—Colorful tomatoes pack a nutritional punch.**

**1 bunch green onions (about 5 or 6), coarsely chopped, white and green parts included**

**3 tablespoons coarsely chopped mixed fresh herbs, such as basil, parsley and chives**

**Salt and freshly ground black pepper, to taste**  
**Freshly grated Parmesan or Romano cheese**

Heat the olive oil and butter in a large sauté pan over a medium heat. Add the garlic and sauté 2 to 3 minutes. Add the red and yellow cherry tomatoes and sauté 2 to 3 minutes. Add the green onions, herbs and salt and pepper. Constantly shaking the pan to mix everything together, sauté the mixture until about half of the tomatoes are beginning to burst, 5 to 7 minutes more. Remove from the heat immediately and toss the tomato sauce with the pasta. Top with freshly grated cheese.

For more information, tips and ideas, visit the Web site [www.freshfrommexico.com](http://www.freshfrommexico.com).