

RECIPE

Hero Vegetable: Plum Tomatoes

Tomato Spaghetti Sauce

Ingredients:

2 lb plum tomatoes
2 cloves garlic, crushed
1 Tbs sugar
Salt to taste
¼ cup olive oil
5 basil leaves, chopped

Directions:

Bring a pot of water to a boil. Score an x at the ends of each tomato. Carefully drop them into the boiling water for 1-2 minutes so the skins loosen. Transfer the boiled tomatoes to a bowl of cold water. Remove the skins. Pulse the tomatoes in a blender. Set aside.

In a wide rimmed pan, heat olive oil over medium heat and sauté the garlic until lightly browned. Add the tomatoes, sugar, and 2 teaspoons of salt. Adjust heat to a low medium setting. Cook the tomatoes for 50 minutes. Add basil, cook for another 10 minutes. Remove from heat. Add salt if needed. Serve over pasta.