

Red Hot Fusilli

Makes: 4 servings

Ingredients

- 1 tablespoon** olive oil
- 2 cloves** garlic (minced)
- 1/4 cup** parsley (fresh minced)
- 4 cups** ripe tomatoes (chopped)
- 1 tablespoon** fresh basil (chopped or 1 tsp dried basil)
- 1 tablespoon** oregano leaves (crushed or 1 tsp dried oregano)
- 1/4 teaspoon** salt
- ground red pepper (or cayenne to taste)
- 8 ounces** fusilli pasta (uncooked, 4 cups cooked)
- 1/2 pound** cooked chicken breast, optional* (diced into 1/2-inch pieces)

Directions

1. Heat oil in a medium saucepan. Saute garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
3. Cook pasta firm in unsalted water.
4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

*Cost estimate and nutritional analysis includes optional chicken.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	7 g	11%
Protein	28 g	
Carbohydrates	51 g	17%
Dietary Fiber	5 g	20%
Saturated Fat	1.5 g	8%
Sodium	200 mg	8%

Notes

If pre-cooked chicken is not available, cook $\frac{3}{4}$ lb raw chicken and chop into $\frac{1}{2}$ -inch pieces when cooled down.