



Getting Sauced

BY KATE SHERWOOD

There's nothing easier than opening a jar of pasta sauce. But there's nothing more satisfying than making your own healthier version. Here are Exhibits A, B, C, and D. Each serving will nicely cover 1½ cups of cooked pasta. 🍷

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Marinara



For a smooth sauce, process with a hand blender or in batches in a regular blender.

- 1 large onion, diced
- 2 large carrots, diced
- ¼ cup extra-virgin olive oil
- 4 cloves garlic, minced
- 1 tsp. dried oregano
- ¼ cup tomato paste
- 1 cup dry white wine
- 2 cups water
- 2 796 mL cans no-salt-added tomatoes
- Freshly ground black pepper
- 2 tsp. kosher salt

In a large pot, gently sauté the onion and carrots in the olive oil until soft, 8-10 minutes. Add the garlic, oregano, and tomato paste and cook, stirring, for 2 minutes. Stir in the wine and simmer for 5 minutes. Add the water and tomatoes, bring to a boil, reduce the heat, and simmer for 30 minutes. Season with pepper and up to 2 tsp. of the salt. Yield: 7 cups.

PER SERVING (½ cup)

Calories: 90 Sodium: 300 mg
Total Fat: 4 g Cholesterol: 0 mg
Sat Fat: 0.5 g Carbohydrates: 10 g
Protein: 1 g Fibre: 2 g

Spinach Pesto



Try this variation on traditional pesto over half pasta, half steamed asparagus, broccoli, peas, or any other green vegetable you like.

- ¼ cup roasted cashews
- 1 clove garlic
- ⅓ cup grated Parmesan cheese
- 4 cups baby spinach
- ¼ cup extra-virgin olive oil
- ½ tsp. kosher salt
- Freshly ground black pepper
- ¼ cup boiling water

Combine the nuts, garlic, and Parmesan in a food processor. Pulse a few times to mince. Add the spinach and oil. Pulse until the spinach is coarsely chopped. Season with up to ½ tsp. of the salt and plenty of pepper. Stir in ¼ cup of boiling water. Yield: 1¼ cups.

PER SERVING (¼ cup)

Calories: 170 Sodium: 300 mg
Total Fat: 16 g Cholesterol: 5 mg
Sat Fat: 3 g Carbohydrates: 4 g
Protein: 4 g Fibre: 1 g

No-Cook Tomato



Don't feel like pasta? Just toss this simple sauce with 2 cans (3 cups) of cannellini or other white beans. Mmmm.

- 1 kg ripe fresh tomatoes, diced
- ½ cup oil-packed sundried tomatoes, drained and diced
- 3 Tbs. extra-virgin olive oil
- 1 clove garlic
- ⅓ cup Parmesan cheese
- 3 cups basil leaves
- 1 tsp. kosher salt
- Freshly ground black pepper

Toss the fresh and sundried tomatoes together in a large bowl. Combine the oil, garlic, Parmesan, and basil in a food processor and pulse until well minced. Stir into the tomatoes. Season with up to 1 tsp. of the salt and plenty of black pepper. Allow to stand at room temperature while your pasta cooks. Yield: 5 cups.

PER SERVING (½ cup)

Calories: 80 Sodium: 250 mg
Total Fat: 7 g Cholesterol: 0 mg
Sat Fat: 1 g Carbohydrates: 5 g
Protein: 1 g Fibre: 1 g



Spinach Pesto

No-Cook Tomato Sauce



Roasted Cherry Tomatoes & Chickpeas



My favourite way to use this sauce is to double the chickpeas and eat it without pasta.

- 3 pints cherry tomatoes, halved
- 1 398 mL can no-salt-added chickpeas, drained
- 12 cloves garlic, halved lengthwise
- ¼ cup extra-virgin olive oil
- ¼ tsp. red pepper flakes
- ¼ tsp. dried oregano
- Freshly ground black pepper
- 1 tsp. kosher salt

Preheat the oven to 425°F. Toss the tomatoes, chickpeas, and garlic with the oil and remaining ingredients except the salt. Spread on a large, rimmed baking sheet. Roast for 30 minutes. Season with up to 1 tsp. of the salt. Yield: 4 cups.

PER SERVING (½ cup)

Calories: 140 Sodium: 260 mg
Total Fat: 8 g Cholesterol: 0 mg
Sat Fat: 1 g Carbohydrates: 15 g
Protein: 4 g Fibre: 4 g

Tomato Tip

If you refrigerate whole tomatoes, they'll become mealy. Store them on the counter instead.