



Creamy Tomato Rotini

Makes about 5 servings

Ingredients:

- 1 TBSP. extra-virgin olive oil
- 3 cloves garlic, minced (or more)
- 1 yellow onion, diced
- 1-2 tsp. red pepper flakes
- 1 (28 oz.) can high-quality crushed tomatoes
- 1 lb whole-wheat rotini
- 1 cup plain Greek yogurt
- 1/4 cup shredded Parmesan cheese, for garnish
- Fresh basil, for garnish

Directions:

1. Heat olive oil over medium-high heat for 2 minutes. Add garlic and onion, cook for 4-5 minutes. Add red pepper flakes, cook for an additional minute.
2. Add crushed tomatoes, bring to a boil. Cover and reduce heat to simmer for 15-20 minutes.
3. While the sauce is simmering cook rotini according to directions.
4. Add the cooked pasta to the sauce, then add the Greek yogurt. Mix until well combined.
5. Serve pasta and garnish each serving with 2 TBSP. Parmesan cheese and basil.

Try with:

- Sautéed bell peppers
- Bratwurst / Italian sausages/ crumbles
- Bacon bits
- Pine nuts
- Grilled chicken

