



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

December 16th Back to Basics

Featuring

Dan Gagliardo
of D'Avolio's Kitchen

Mrs. Gagliardo's Marinara Sauce

Serves about 20

Ingredients:

- 2 large cans of crushed tomatoes (28 oz. each)
- 1 can tomato paste (6 oz.)
- Olive oil
- 1 lb. assorted peppers, asparagus, and zucchini, chopped
- Grape seed oil
- ½ cup chopped onion
- 1 clove garlic, chopped
- ½ cup grated Parmesan cheese (optional)
- Salt and pepper to taste

Directions:

- 1) In a large pot, combine crushed tomatoes, tomato paste and a small amount of water. In a bowl, toss the assorted vegetables in some olive oil and season with salt and pepper. Roast in the oven until soft and beginning to brown. Remove from oven and add roasted vegetables to the pot with the tomatoes.
- 2) Meanwhile, heat grape seed oil in a skillet over medium heat. Sauté the onions and garlic until soft, then add to the pot with the tomatoes. Add grated cheese (optional) and simmer for about 1 hour, stirring occasionally. Season with salt and pepper before serving.

Nutrition Facts			
Serving Size: 1/2 cup			
Servings: about 20			
Amount Per Serving			
Calories 70	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 0.5g	4%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 290mg	12%		
Total Carbohydrate 8g	3%		
Dietary Fiber 2g	9%		
Sugars 5g			
Protein 3g			
Vitamin A 20%	• Vitamin C 60%		
Calcium 2%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

