

## Smashed Tomatoes and Penne

This recipe allows 2 ½ oz (60 g) of pasta per person, a more than adequate serving for a light meal or “primo piatto” (first course). I only make this dish when local tomatoes are in season. For me, the goodness of their exquisite taste during the summer and early fall months leaves a pleasant memory during their off season and an attractive invitation as the weather warms up.



Serves 4.

### Ingredients

4 Tbsp extra virgin olive oil, divided  
2 large cloves garlic, minced  
1 lb (1 dry pint) grape tomatoes, washed & halved lengthwise  
8 oz (uncooked) penne or other short pasta  
4 tsp Kosher salt

### Directions

In a medium-sized pan, heat 2 Tbsp of olive oil over medium-low flame for 1 minute. Then add the garlic and tomatoes. Stir thoroughly. Cover the pan and simmer for 10 minutes, stirring occasionally. Remove the pan from the heat and, with the back of a wooden spoon or a fork, lightly smash the tomatoes.

In the meantime, cook the pasta 10-11 minutes in 2-3 quarts salted water according to box instructions. Do not overcook. Drain the pasta and add it to the pan with the tomatoes and garlic. Drizzle the remaining olive oil over the pasta mixture. Stir thoroughly. Serve immediately. Fresh basil and grated romano cheese may be added optionally.

### Nutritional Information

Calories: 354  
Carbohydrates: 51 g  
Protein: 7 g  
Fat: 15 g  
Saturated Fat: 2 g  
Cholesterol: 0 mg  
Fiber: 3 g

GI Value: 40 - low