

Chunky Marinara Sauce

MAKES 4 CUPS; 8 (1/2-CUP) SERVINGS

This quick and easy marinara sauce is a staple in all our Italian dishes, such as Quick and Easy Eggplant (page 156), Gourmet Eggplant Stacks (page 136), Italian Stuffed Shells (page 141), and Spinach Lasagne (page 159). You can ladle it over our Nut Meatballs (page 148), or use it anytime you need a good homemade “gravy” (as the Italians say), but don’t want all the sugar and salt of most jarred marinara sauces.

- | | |
|----------------------------------------------------------------|-----------------------------------|
| 1 1/2 teaspoons extra-virgin olive oil | 1 teaspoon dried basil |
| 1 cup chopped onion | 1/2 teaspoon dried oregano leaves |
| 2 cloves garlic, minced | 1/2 teaspoon dried thyme |
| 2 (14.5-ounce) can diced canned tomatoes, with liquid (3 cups) | 1/2 teaspoon salt |
| 1/2 cup no-salt-added canned tomato sauce | 1 tablespoon fresh lemon juice |
- * I use regular Tomato Sauce*

- Heat the oil in a medium saucepan over medium heat. Add the onion and garlic and sauté, until tender, 3 to 4 minutes. Add the remaining ingredients and bring to a boil. Reduce the heat and simmer for 10 minutes.

- **Nutrition Note:** Tomatoes are famous for the pigment lycopene, which gives them their red color. In fact, tomatoes are the richest food source of health-promoting lycopene. More than 80 percent of lycopene in the American diet comes from tomatoes and tomato products. While we absorb lycopene from raw tomatoes, we absorb much more from cooked or processed tomatoes in the presence of a bit of fat. That makes marinara tomato sauce a nutritional hero. Lycopene is the powerful antioxidant carotenoid phytochemical that may help prevent prostate cancer, but it appears to protect against several other forms of cancer, too, as well as heart disease.

ANALYSIS FOR 1 SERVING:

1/2 cup

Calories: 39, Fat: 1.0 g, Total carbohydrates: 7.3, Protein: 1.3 g,
Dietary fiber: 1.6 g, Sodium: 286 g, Net carbs: 5.7 g, Carb Choice: 1/3