



Red Brie Pasta Sauce

Recipe Source: www.melskitchencafe.com

Serves 6

Ingredients:

28 oz can no-salt-added crushed tomatoes
¼ tsp salt
¼ tsp black pepper
¼ tsp dried oregano
¼ tsp dried basil
¼ tsp red pepper flakes, optional
¼ cup freshly grated Parmesan cheese
4 oz Brie cheese, outer rind removed, cubed

Steps:

- In a medium saucepan, combine the crushed tomatoes, salt, pepper, oregano, basil, and red pepper flakes (if using). Bring the mixture to a simmer and cook 5-6 minutes, stirring often.
- Add the Parmesan and stir well, continuing to simmer for another 1-2 minutes.
- Stir in the Brie, simmering gently and stirring until the cheese melts. Serve immediately.

Tips from the Test Kitchen: While the sauce simmers, you can cook your favorite whole-wheat pasta in boiling water. When the sauce and pasta are done, scoop the pasta with a strainer from the water and add directly to the sauce for the “authentic” way to sauce pasta. If you rinse the pasta, it will remove the starch that actually helps the sauce adhere to the pasta.

Nutritional Facts (per serving): Calories: 121, Carbohydrates: 7 grams, Protein: 7 grams, Total Fat: 6 grams, Saturated Fat: 4 grams, Cholesterol: 22 mg, Sodium: 276 mg, Fiber: 2 grams, Total Sugars: 5 grams.