

SIDE DISH

Fresh Tomato Pasta

3 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
32 min	15 min	17 min	5	\$1.82	299 kcal

Fresh Tomato Pastan is a hor d'oeuvre that serves 5. For \$1.82 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. One serving contains 300 calories, 10g of protein, and 7g of fat. This recipe from My Recipes requires salt, basil, kalamatan olives, and onion.

Ingredients

☐ 9 ounce package refrigerated angel hair pasta	☐ 3 cups grape or cherry tomatoes, quartered
☐ 3 tablespoons cider vinegar	☐ 1.3 ounces 1/3 cup crumbled feta cheese
☐ 3 tablespoons chopped fresh basil	☐ ½ cup chopped fresh parsley
☐ 4 garlic cloves, minced	☐ 16 chopped pitted kalamata olives
☐ 1 tablespoon olive oil, divided	☐ 1½ cups finely chopped onion
☐ 1½ tablespoons chopped fresh oregano	☐ ½ teaspoon salt

EQUIPMENT Bowl, Frying pan

Method

- 1 Cook pasta according to package directions, omitting salt and fat; drain well.
- 2 Combine tomatoes and next 4 ingredients in a medium bowl; set aside.
- 3 Heat a large nonstick skillet coated with cooking spray over medium heat.
- 4 Add 1 teaspoon oil and onion. Saut 4 minutes; add garlic, and cook 15 seconds, stirring constantly.

- 5 Add tomato mixture, and cook 3 minutes, stirring frequently.
- 6 Remove from heat; stir in parsley, remaining 2 teaspoons oil, and salt.
- 7 Add mixture to pasta, and toss gently. Top with cheese and, if desired, sprinkle with basil.

Nutrition per serving

299
KCAL

10 g
PROTEIN

7 g
FAT

49 g
CARBS

Saturated Fat	1.8 g · 11% of daily needs
Fibre	4.4 g · 18% of daily needs
Sugar	5.9 g · 7% of daily needs
Sodium	536 mg · 23% of daily needs
Cholesterol	6.6 mg · 2% of daily needs
Vitamin C	32.9 mg · 40% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fresh-tomato-pasta-147534