



Caprese Pasta with Fusilli

INGREDIENTS

- Proti-VLC Fusilli, 1 pouch
- 2 Medium Roma Tomatoes
- 2 cloves of garlic
- 4 Fresh Basil Leaves
- 1 tsp Basil Dried
- 1sp Oregano Dried
- 1 tsp Parsley Dried
- 1 tsp Garlic Powder
- 1oz Fresh Mozzarella
- 2 tbsp Extra Virgin Olive Oil

Super Food: Garlic is packed with antioxidants which help protect the body from free radical damage decreasing cancer risk.

DIRECTIONS

- 1 Bring a large saucepan of salted water to a boil. Add the pouch of fusilli and cook for 10min. Drain.
- 2 Meanwhile, in a heavy large skillet, heat the olive oil over medium heat. Add the garlic, dried basil, oregano, parsley and garlic powder. Saute until fragrant, about 1 minute.
- 3 Add the tomatoes and saute until heated through about 2 minutes.
- 4 Remove the skillet from heat. Add the cheese and fresh basil and toss to coat.
- 5 Season the pasta with salt and pepper to taste. Serve and enjoy.

 **Calories: 397 • Fat 24.7g • Total Carbs 22.3g • Fiber 4.9g • Sugar 12g • Net Carbs 17.4g • Protein 25.4g**

56% Fat, 23% Carbohydrate, 26% Protein