

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

ASPARAGUS-TOMATO SAUCE

If you have the time, making fresh sauces for pastas and rice is always preferred to opening a can or jar of pre-made sauce, which may be full of [sugar](#). Because processed pastas and rice are high-glycemic, I prefer to serve this sauce over brown rice, which has more fiber and minerals than white rice, or spelt pasta; spelt is a cousin to wheat that is high in minerals, fiber and protein. Top each portion with a spoonful of goat or feta cheese, for added protein and flavor.

- ½ cup finely chopped onion
- 2 to 3 cloves [garlic](#), chopped
- ¼ cup extra virgin olive oil
- 1 bunch fresh asparagus, ends removed and cut into 2 inch pieces
- 2 cups fresh chopped tomatoes
- 1 Tbsp lemon juice
- Fresh basil leaves
- Sea salt and black pepper, to taste
- Dried savory herbs (e.g. basil, oregano, marjoram, thyme), to taste
- 3 cups cooked brown rice or spelt pasta
- ¼ cup crumbled feta cheese or goat cheese (optional)

Make the sauce: In a large saucepan, cook the onion and garlic in olive oil over medium-low heat until the onion is golden and starting to brown. Stir in the asparagus, then cover with lid and cook for about 5 minutes. Add tomatoes, pepper, sea salt, and your favorite herbs. Cover and cook about 40 minutes on low heat, until asparagus is soft and tomatoes have dissolved into a sauce. Stir in lemon juice.

While sauce is cooking, prepare brown rice or spelt pasta according to directions on bag or box; if you are making brown rice, which takes about 50 minutes to cook, you may want to start it before making the sauce. Divide the rice or pasta over 4 plates and spoon sauce over it. Garnish with torn basil leaves and (optional) cheese.