

Cooking Pasta with Fresh Sauce is a Snap!

Steer Clear of Pasta with Canned Sauce

- Pasta sauces can be total sodium bombs! Did you know that many of these prepared sauces contain over 1,000 milligrams (mg) of sodium per cup? Considering that the Dietary Guidelines for Americans recommend that most people consume no more than 1500-2300 mg of salt per day, these sauces pack quite a punch!
 - Newman's Own Tomato and Basil Bombolina Pasta Sauce has over 1,240 mg of sodium per cup. Since the package contains 2.5 cups of sauce, that means that the whole jar has 3,100 mg of sodium!
 - Buitoni's All Natural Alfredo Sauce manages to pack 1,400 mg of sodium into a single cup of sauce!
 - Even Prego's Traditional Pasta Sauce contains over 960 mg of sodium in a simple cup.

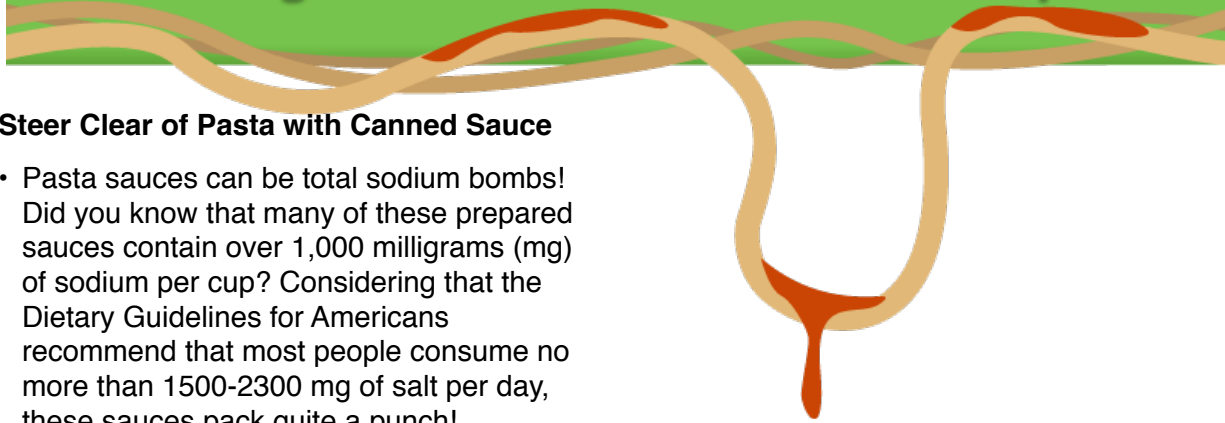
Make Your Own Pasta & Sauce 1-2-3

1. **Cook** your pasta in boiling water until al dente, then drain and set aside.
2. **Assemble** and prepare your toppings using the guidelines to the right.
3. **Toss** your cooked pasta with the finished sauce and serve immediately.

Stovetop Options

For a fresh and fun pasta sauce that comes together in a snap, toss a few of these ingredients into a saucepan and saute until the firm veggies are crisp-tender, and the soft veggies are melting and delicious.

- Try combining fresh chopped tomatoes, half a sliced onion, and minced garlic with some low-sodium broth. Once the veggies are cooked, toss them with sliced fresh basil and dried oregano.

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- Reheat frozen veggie medleys in low-sodium chicken or vegetable broth. You can even use a themed medley to create a particular flavor profile. For example, for an Asian twist, you can use a frozen stir fry mix. Just be sure to skip the sauce packet, since it is often full of sodium.
 - You can't go wrong with fresh herbs! Slice up a few of your favorites and toss them with the cooked pasta and the slightest drizzle of olive oil. Basil, parsley, thyme, chives, and oregano are all great options.

Oven Options

Roasted veggies lend a deep, rich flavor to pasta sauces. Try any of the ingredients below, or create your own flavor sensation!

- Core tomatoes and bell peppers and place them on a baking sheet with some fresh garlic and sliced onion. Broil for 10 minutes or so, then place in a blender with some fresh basil and puree until smooth.
- You can also slow roast vegetables like eggplant, carrots, or even squash and combine them with herbs and puree to create a delicious sauce that will be sure to impress.

Why Fresh Pasta Sauce?

Reducing your sodium intake can have a positive impact on your health, especially over time. For example, if you ate two dishes of pasta per week, and you replaced a cup of the Tomato and Basil Bombolina Pasta Sauce with a cup of fresh, salt-free sauce, you would save 128,960 mg of sodium over the course of a year! That's a lot of sodium!