

Julie Underhill's Macaroni and Tomatoes

Scripps Howard Newspapers

Servings: 4

*3 - 4 large ripe tomatoes
1/2 pound short pasta (elbow
macaroni, bow ties, etc.)
1/2 stick butter
1/4 cup sugar
salt and coarse black pepper (to taste)
1/4 cup chopped bacon (optional)*

Bring a pot of water to a boil. Cut an "X" in the bottom of each tomato and submerge in the water until the skin loosens, about 30 seconds. Remove to a bowl and let cool until they can be handled. Peel and chop the tomatoes, saving all of the juices.

In the meantime, bring a second large pot of water to a boil and add salt. Cook the pasta until it is al dente, cooked through but not mushy. Drain and return to the pot.

Add the butter, diced tomatoes, sugar and salt (to taste). Cook over medium-low heat, stirring occasionally, for 5 minutes or until most of the tomato juice has been absorbed.

Turn the pasta into a serving dish and stir in the bacon. Sprinkle with coarse black pepper. Let rest for 5 to 10 minutes before serving to cool and absorb the flavor.

Per Serving (excluding unknown items): 227 Calories; 13g Fat (46.5% calories from fat); 3g Protein; 30g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 150mg Sodium. Exchanges: 3 1/2 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	227	Vitamin B6 (mg):	.3mg
% Calories from Fat:	46.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	48.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	.2mg
		Folacin (mcg):	56mcg

Total Fat (g): 13g
Saturated Fat (g): 7g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 31mg
Carbohydrate (g): 30g
Dietary Fiber (g): 4g
Protein (g): 3g
Sodium (mg): 150mg
Potassium (mg): 823mg
Calcium (mg): 22mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 70mg
Vitamin A (i.u.): 2732IU
Vitamin A (r.e.): 336RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 227 **Calories from Fat:** 106

% Daily Values*

Total Fat	13g	20%
	Saturated Fat 7g	37%
Cholesterol	31mg	10%
Sodium	150mg	6%
Total Carbohydrates	30g	10%
	Dietary Fiber 4g	16%
Protein	3g	
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Vitamin A		55%
Vitamin C		117%
Calcium		2%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.