

# CREAMY PASTA SAUCE



## INGREDIENTS:

- 1/2 shallot
- 2 garlic cloves
- 1 tbsp oregano
- 1/4 tsp salt
- 3 oz tomato paste
- 2 cups crushed canned tomatoes
- 1 cup nonfat Greek yogurt
- 1 oz fresh grated Parmesan cheese

## DIRECTIONS:

1. Thinly slice shallots and mince garlic.
  2. Spray medium sauce pan with cooking spray and heat on medium heat.
  3. Add the shallots to the hot pan, cook on low-medium heat until caramelized.
  4. Add the minced garlic, cook until fragrant.
  5. Add the tomato paste, salt, and oregano. Mix well and cook for 1 minute.
  6. Add crushed tomatoes and mix well. Mix while cooking for 3-5 minutes.
  7. Place the Greek yogurt in a small bowl and slowly add 1/4 cup of the hot tomato sauce. Mix well to warm the yogurt.
  8. Add the yogurt mixture to the rest of the sauce along with the Parmesan cheese. Mix well and cook on low heat for 5 minutes.
  9. Store in the refrigerator in an air tight container for up to 7 days
- Enjoy!

Makes 4 Servings | 1 Serving = 3/4 cup  
Calories: 126 | Protein: 12 g | Carb: 16 g | Fat: 3 g | Fiber: 4 g