

Microwave Cooked High Protein-High Fiber Pasta with Instant Tomato Sauce



TIP: Putting together high protein-high fiber pasta - or any leftover pasta - with tomato sauce and Parmesan cheese, as shown here, is incredibly flavorful, quick and easy.

Quick and easy, though, can come at a cost.

Salt, sugar and fat are the 3 main sources of flavor, and that is keenly important to bear in mind when you're using any packaged or prepared foods, with salt (or sodium) being of most concern with this easy recipe.

Salt adds savory flavor to food and is made of two parts, sodium and chloride. Sodium attracts water from your body and, through that action, adds volume to blood and blood flow. That added volume, like a water hose filled with too much water, increases pressure on your blood vessels. High (hyper) pressure (tension) in your blood stream (hypertension) over time increases the likelihood of heart disease, stroke and more.

Therefore, make sure to read the nutrition labels of the your pasta sauce choices in the store. Many prepared pasta sauces can be high in salt, especially in relationship to the adult maximum recommended daily allowance for sodium (salt) of 2300 mg (milligrams). Here are some pictures of simple tomato sauce jar nutrition labels.



Randomly Selected Tomato Sauce Nutrition Labels

You'll see below that the tomato sauce I used was higher in sodium than those above and that I added cheese to the pasta and sauce that also contains salt/sodium.

The first thing to look at on nutrition labels is **serving size** because that number directly relates to all the quantity of the components (fat, cholesterol, etc.) listed below serving size.

Nutrition Facts	
4 servings per container	
Serving size	1/2 CUP (125g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 0mg	0%

Nutrition Facts	
6 servings per container	
Serving size	1/4 cup (28g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 370mg	16%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0.1mcg	0%
Calcium 320mg	25%
Iron 0.2mg	2%
Potassium 30mg	0%

Tomato Sauce

Parmesan
Cheese

The tomato sauce serving size is 1/2 cup. 1/2 cup equals 4 ounces or 8 tablespoons. The serving size for the Parmesan cheese is 1/4 cup,

which is the same as 2 ounces or 4 tablespoons.

You'll see in the cooking directions below that I only used 3 tablespoons (1 1/2 ounces) of tomato sauce (165 mg sodium) and about 1 tablespoon of Parmesan cheese (95 mg sodium) for a total of 260 mg sodium when that amount of sauce and cheese are combined, which turns out to be about 11% of the daily allowance for sodium. Not bad at all.

Preparation Time: 3-5 minutes

Cooking Time: 1 1/2 minutes

Needed
(for 1)

Handful Cooked/Leftover Pasta (I'm using high protein-high fiber pasta, but any leftover pasta works fine)

Tomato Pasta Sauce

Grated or Shredded Parmesan Cheese

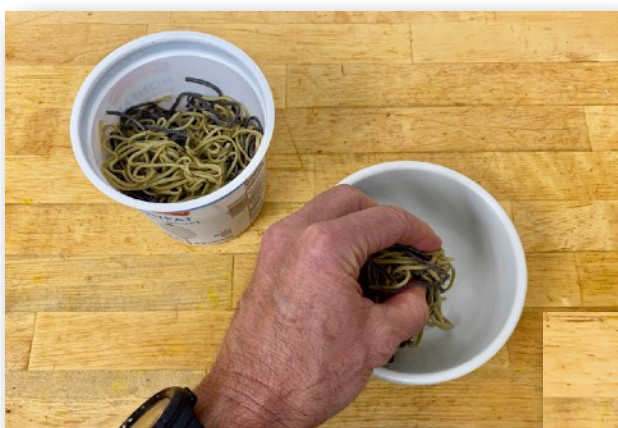
Microwave Oven Safe Bowl

Tablespoon

Paper Towel



1. Put **a handful of cooked/leftover pasta** in a *microwave oven safe bowl*.



Add **3 tablespoons tomato pasta sauce** and stir the **sauce** with the **pasta**.



2. Dampen a piece of paper towel with tap water, squeeze the towel dry and cover the bowl the wet paper towel to minimize splatter while the **pasta** and **sauce** cook in the microwave oven. (**NOTE:** Using a wet paper towel to cover the bowl is safer than using plastic wrap, which can contaminate microwave cooked food with melted plastic.)



3. Put the bowl in the middle of the microwave oven and cook for about 1 1/2 minutes using your microwave oven's 100% POWER or HIGH heat setting. **NOTE:** I used a 1200 watt microwave oven. Cooking time will vary depending on your microwave oven wattage.



4. After warming, *carefully* remove the bowl from the microwave oven (I'm using a folded dish towel as a potholder).



5. Remove the wet paper towel (and see how well it blocked splatter!) and...



...add about **a tablespoon of grated or shredded Parmesan cheese** until what you

have looks about like...



...this.

