



Creative Juices  
Consulting

## **Fresh Tomato & Balsamic Pasta**

**(Bruschetta Pasta)**

**2 ½ lbs. fresh heirloom tomatoes ( ½ chopped, ½ blended)**

**¼ red onion, chopped**

**4 cloves garlic**

**3 tsp olive oil**

**3 tsp balsamic vinegar**

**Fresh oregano, julienned**

**Fresh basil, julienned**

**Freshly grated Parmesan**

**Freshly ground black pepper & Himalayan sea salt**

**Feta cheese to taste**

**Cooked whole wheat pasta**

### **Directions:**

**Chop the onion and ½ of the tomatoes and place in a serving bowl. Add the basil and oregano.**

**In a blender, place the remaining tomatoes, olive oil and balsamic. Blend well and add to the serving bowl.**

**Mix well and add the (still warm) cooked pasta. Season with salt & pepper then sprinkle on the parmesan and feta cheeses.**