



*Heart Healthy Valentine's Day*  
***Whole Wheat Rigatoni***  
*with Homemade Tomato Sauce*

12 cloves garlic, peeled and crushed	1 red pepper, sliced	2 cups vegetable stock
1 lb whole wheat rigatoni	½ cup black olives, cut in half	2 Tbsp olive oil
6 fresh plum tomatoes, diced	½ cup parmesan, grated	Pinch of pepper flakes
1 cup mushrooms, sliced	4 tbsp chopped Italian parsley	Salt and pepper

Bring 2 quarts of water to a boil. In a medium sauce pan, sauté the crushed garlic in half the olive oil until fragrant. Add the fresh tomatoes, crushed pepper flakes, and vegetable stock and simmer slowly for 30 minutes. Season with salt and pepper. Cook the rigatoni. Drain. In the larger pot, pour the rest of the olive oil, sauté red pepper, black olives, and mushrooms until tender. Then add the rigatoni and homemade tomato sauce, and toss all together. Finish with parsley and sprinkle with parmesan cheese. Serve warm. (*Serves 6*)

*Laura Bush*