



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Baked Rigatoni Serves 8

Ingredients

2 tablespoons olive oil
1 medium onion, diced
4 cloves of garlic, chopped
1 28 oz can whole tomatoes
1 teaspoon salt
2 teaspoons dried thyme
1 tablespoon dried oregano
1 tablespoon dried basil
16 ounces rigatoni
1 cup heavy cream
¾ cup (3 oz) grated parmesan cheese

Directions

1. Heat oven to 400 degrees.
2. In a sauce pan, heat the olive oil on high until shimmering. Add chopped onions and stir to coat with the oil. Cook, stirring frequently until onions become translucent and give up their juice.
3. Add garlic and continue to cook, stirring constantly until you can smell the garlic.
4. Add the tomatoes (and all the juice from the can), salt, thyme, basil and oregano to the pot and stir everything together. Reduce heat to medium low and cook until the sauce thickens and the tomatoes fall apart – about 20 minutes. Stir occasionally to ensure the bottom is not burning, and crushing the tomatoes with the back of a wooden spoon. Remove from heat.
5. Cook the pasta according to the package directions and drain.
6. Add the heavy cream and ½ cup of the grated parmesan cheese to the sauce. Stir in the drained rigatoni and stir to coat the pasta with the sauce.
7. Transfer to a 2 quart casserole dish and top with remaining ¼ cup parmesan cheese. Bake for 20 minutes; the cheese should be melted and a little browned. Let rest 10 minutes before serving.

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