

**WEEK 49:
HEALTHY TOMATO SAUCE**

You need: fresh tomatoes, tomato purée, onions, garlic, olive oil, a pinch of sugar, basil and parsley

Time to prepare: 30 minutes

“Read *The Red Bodyguard* and you’ll never turn down a tomato again” is the blurb on the eponymous book by Ron Levin with Gerard Cheshire (Icon Books, £5.99) subtitled *The Amazing Health Promoting Properties of the Tomato*. Why would you want to turn down a tomato, especially in summertime?

Evidently scientific research

**EASY
DOES IT**

FAY MASCHLER

has proved that processed tomatoes (ketchup?) deliver the maximum benefit in combating various chronic diseases. A fresh tomato sauce with a bit of purée — to make a man of it and contribute additional benefit — strikes me as the most delectable way to reach out and embrace the lycopene, beta-carotene, vitamins, potassium, folic acid, compound P3 (helps prevent blood platelets from clumping)

and various other helpful properties now shown to be wrapped up in the ruddy fruits.

Make a quantity of the sauce, starting with at least a kilo of tomatoes, as it freezes well and, with that stored away and some dried pasta in the cupboard, one of the best simple meals is always to hand.

Chop one large or a couple of small onions and a few cloves of garlic (also beneficial) and sauté in two tablespoons of olive oil until softened but not browned. Peel and chop the tomatoes and add to the pan with a tablespoon of tomato purée, a pinch of sugar and a splash of red wine if a bottle is

open. Simmer until all is well amalgamated and the sauce somewhat thickened. Add salt and pepper to taste plus chopped fresh herbs. The sauce is excellent on pasta and superb with sausages.

