

# Love how you see!

## Mediterranean Pasta

So  
Delicious!

### Ingredients

- 2 tbsp olive oil
- 5 cloves garlic, minced
- 6 Roma tomatoes, diced
- Zest and juice of ½ lemon
- ¼ cup chopped fresh basil
- 1/2 tsp pink salt
- 8 oz pasta (or an insulin-friendly alternative such as Healthy Harvest lentil pasta from H-E-B)
- more salt and pepper, to taste
- balsamic vinegar, to finish

### INSTRUCTIONS

1. Bring a pot of water to a boil; cook pasta according to package directions. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add minced garlic and cook until fragrant and golden soft for a milder flavor or lightly toasted for a richer, nutty taste.
3. Stir in the diced Roma tomatoes and cook until they soften and release their juices, about 5–7 minutes.
4. Add the lemon zest and juice to the pan and stir well.
5. Add salt and toss in the fresh basil, then remove from heat. Add the cooked lentil pasta to the skillet, tossing to coat evenly.

### FINISH WITH FLAVOR:

- Before serving, drizzle lightly with balsamic vinegar, an extra swirl of olive oil, sliced black olives or grated cheese, if desired.
- Boost the protein! Top with sautéed shrimp, shredded rotisserie chicken, or grilled chicken. Each option adds lean protein that supports muscle and ocular health.

Who this  
Recipe Loves  
Your Eyes

Tomatoes deliver lycopene and Vit C to defend the retina and lens from light damage.

Garlic reduces oxidative stress in the delicate blood vessels of the eye. Basil offers Vit A, lutein, and zeaxanthin to protect the macula. Lemon adds collagen-supporting Vit C for clear, resilient corneas. Pink salt brings trace minerals that aid nerve and tear function, while olive oil contributes Vit E and healthy fats that improve antioxidant absorption. Balsamic vinegar adds polyphenols to fight oxidative damage. Finally, lentil pasta provides extra protein and fiber with a gentler effect on



# Waco Vision Source

blood sugar than traditional pasta, supporting vascular and metabolic health that benefits your eyes for the long term. Adding lean proteins like shrimp or chicken further supports healthy tissue repair and overall vitality. Together, these ingredients create a simple, flavorful meal that nourishes your body from the inside out—helping you truly Love How You See!