



A Nutrition Resource

VEGETABLE SPAGHETTI

Yield: 4 Servings | Serving Size: 1 cup sauce and 1/2 cup noodles

Cost/serving: \$1.62

Ingredients:

- 1 Tablespoon olive oil
- 1/2 medium onion, chopped
- 1 medium carrot, sliced
- 1 cup broccoli florets, cut into bite size pieces
- 1/2 teaspoon pepper
- 1/2 cup zucchini
- 1/2 cup mushrooms, sliced
- 1 cup spinach
- 1 (16-ounce) jar marinara sauce
- 2 cups cooked whole wheat spaghetti (8 ounces uncooked)

Directions:

- 1) Heat oil in stockpot on medium heat.
- 2) Add onion, carrot, broccoli, and pepper. Cook for 7 minutes.
- 3) Add garlic, zucchini, and mushrooms. Cook until all vegetables are tender.
- 4) Add spinach and marinara. Reduce heat to simmer, cover.
- 5) Cook pasta by following directions on box.

Option: Top with parmesan or feta cheese. Replace fresh vegetables with 2 cups of mixed frozen vegetables.

Nutrition Facts

4 servings per container

Serving size 1 cup sauce and 1/2 cup noodles (254g)

Amount per serving	
Calories	330
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 59g	21%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 4mg	20%
Potassium 867mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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