

Veggie Sghetti

Hands-on - 30 min.

Serves 8

Occasionally we make this with turkey, but always with lots of vegetables. The vegetables replace the meat beautifully. Use any leftover sauce to top baked potatoes later in the week.

Menu

Veggie Sghetti

Tossed Salad

Whole-Wheat Garlic Cheese Toast (page 279)

Put a large pot of water on to boil.

4 cups any combination of the following:
chopped carrots, seeded and chopped green, red or yellow bell peppers, chopped zucchini, chopped mushrooms

Clean and chop or use all chopped frozen, to save time and energy.

1 pkg (10 oz) frozen chopped broccoli, cauliflower or spinach

12 oz spaghetti or any shape pasta (preferably whole-wheat)

As soon as water boils, stir in pasta and set timer for 10 minutes.

1 T olive oil

1 med onion, cut into wedges

1 tsp chopped garlic (2 cloves)

20 oz extra-lean ground turkey breast (opt)

Heat oil in a large nonstick saucepan over medium-high heat. Add onion, garlic and chopped vegetables and sauté until just tender. (Also add turkey, if using, and brown.)

1 jar (26 oz) spaghetti sauce, no salt added (*Eden*)[‡]

1 tsp salt

2 tsp dried oregano

2 tsp dried basil

dash red pepper flakes (to taste)

Add to vegetables. Bring to a simmer. Optional step: Purée sauce in a food processor to disguise vegetables for picky eaters.

Meanwhile, make a tossed salad and Whole-Wheat Garlic Cheese Toast.

When timer sounds, drain pasta and serve with sauce.

Bón Appetit!

[‡]See page 174 for an eye-opener about spaghetti sauce.



Nutrition information for about 1 cup sauce & veggies with turkey over 3/4 cup pasta

Calories	330	Fat	5 g	Fiber	4.5 g	Sodium	375 mg	Total Carbohydrate	48 g
Calories from Fat	14%	Saturated Fat	<1 g	Cholesterol	28 mg	Protein	26 g	Sugars	9 g