

Summer Spaghetti

This tasty pasta dish is packed full of delicious veggies. Enjoy with fruit on the side.

Makes: 6 servings

Ingredients

- 2 cups onions, chopped
- 2 cups fresh tomatoes, peeled and chopped
- 2 cups summer squash, cut into 1 inch cubes
- 1 ½ cups fresh green beans, cut in half
- ? cup water
- 2 tablespoons fresh parsley, minced
- 1 clove garlic, minced
- ½ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 (6-ounce) can low-sodium tomato paste
- 1 pound uncooked spaghetti
- ½ cup Parmesan cheese, grated
- 3 basil leaves, chopped (optional)



Directions

1. Combine first 10 ingredients (onions through black pepper) in large saucepan. Cook for 10 minutes over medium heat, then stir in tomato paste.
2. Cover and cook over medium-low heat for 15 minutes, stirring occasionally until vegetables are tender.
3. Cook spaghetti in unsalted water according to package directions and drain.
4. Spoon sauce over hot spaghetti and sprinkle Parmesan cheese over top.
5. Garnish with basil, if desired.

Note: 1 pound of cooked ground meat or cooked chicken breast cut into 1-inch cubes can be added to the sauce.

Recipe from: *Stay Young at Heart: Cooking the Heart-Healthy Way*, U.S. Department of Health and Human Services, National Heart, Lung, and Blood Institute, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.