

Ingredients:

- 8 ounces dry spaghetti
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 1 cup sliced fresh or 1, 7 ounce can sliced low-sodium mushrooms, drained
- 1 cup fresh or frozen green zucchini, cut into strips
- 1 cup fresh or frozen yellow squash, cut into strips
- 1, 15 ounce can no salt added tomato sauce
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 Tablespoons grated Parmesan cheese



Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Cook the spaghetti according to package directions.
3. Drain and keep warm in a colander over hot water.
4. Heat the oil in a high sided skillet over medium high heat.
5. Add the garlic, mushrooms, zucchini, and squash and cook 3 minutes.
6. Pour in the tomato sauce, basil, and oregano and bring to a boil.
7. Reduce heat and simmer 5 minutes.
8. Serve over the hot spaghetti and top with parmesan cheese.

Nutrition Facts (Per Serving)

calories, 302; carbohydrate, 54 g; protein, 12 g; total fat, 3 g; saturated fat, 1 g; trans fat, 0 g; cholesterol, 3 mg; fiber, 4 g; total sugars, 10 g; sodium, 86 mg; calcium, 86 mg; folate, 36 mg; iron, 2 mg; percent calories from fat, 12%.

Makes 4 servings. Recipe from "Do Yourself a Flavor" by Graham Kerr.



Kid Friendly Vegetable Spaghetti

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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