



VEGETARIAN SPAGHETTI SAUCE

SERVINGS: 50 CALORIES: 77 KCAL

This vegetarian spaghetti sauce has a delicious flavor and the perfect texture with slices of zucchini squash, chopped onion, and fresh chopped tomatoes. Pair this sauce with a whole-grain pasta for a nutritious balanced meal.

INGREDIENTS

2/3 cup Oil, olive
2 quarts 3 cups Onions Chopped
16 cloves Garlic
1 quart 3 cups Squash, zucchini
Sliced, washed before cutting
1/3 cup Oregano, dried
1/3 cup Basil, dried
44 ounces Sauce, tomato, canned
No-salt added
44 ounces Paste, tomato, canned
No-salt added
2 quarts 3 cups Tomatoes, medium-
size Washed and chopped
1 quart 1-1/2 cups Water

INSTRUCTIONS

1. In a skillet, heat oil. Saute onions, garlic and zucchini for 5 minutes. Add remaining ingredients and simmer, covered, for 45 minutes. Spoon over spaghetti.

RECIPE NOTES

Hold at 140° F or higher.

Serving Size: 1/2 cup

Crediting: 1/4 cup red/orange vegetable, 1/4 cup other vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 77 kcal | Fat: 3.3 g | Saturated fat: 0.5 g | Sodium: 54 mg | Carbohydrates: 11.6 g | Fiber: 2.6 g | Protein: 1.9 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.