



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Veggie Sketti

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Spaghetti, whole wheat, dry		2 cups		8 cups
Onions, chopped		1 cup		4 cups
Tomatoes, chopped		1 cup		4 cups
Yellow bell pepper, chopped		1/2 cup		2 cups
Green bell pepper, chopped		1/2 cup		2 cups
Green beans		1/2 cup		2 cups
Water		1/2 cup		2 cups
Parsley		1-1/2 Tbsp		6 Tbsp
Black pepper		1 Tbsp		4 Tbsp
Tomato paste		3/4 cup		3 cups

Directions

1. Combine onions, tomatoes, bell peppers, green beans, water, parsley and pepper in large saucepan.
2. Let cook for 10-15 minutes.
3. Stir in tomato paste.
4. Cook for another 15-25 minutes stirring occasionally.
5. Cook spaghetti as directed on package.
6. Serve 1/4 cup spaghetti with 1/4 cup vegetable mixture.

Notes

Serving Tips:

Spaghetti is a fast and easy meal for busy days. Top with any vegetables and/or meat/meat alternate that may be leftover from another meal.

My Notes

Source: Improving Nutrition& Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	134 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available