

Summer Vegetable Spaghetti

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

What you need:

- 2 cups small yellow onions, cut in eighths
- 2 cups chopped, peeled, fresh, ripe tomatoes (about 1 lb)
- 2 cups thinly sliced yellow and green squash (about 1 lb)
- 1 1/2 cups cut fresh green beans (about 1/2 lb)
- 2/3 cup water
- 2 Tablespoons minced fresh parsley
- 1 clove garlic, minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- black pepper to taste
- 1 can (6 oz) tomato paste
- 1 lb uncooked spaghetti
- 1/2 cup grated parmesan cheese



(over for directions, nutrition information)

Summer Vegetable Spaghetti (continued)

How to make:

Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. Cook spaghetti in unsalted water according to package directions. Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top. Yield: 9 servings—Serving Size: 1 cup spaghetti and 3/4 cup sauce with vegetables.

Nutritional Information:

Calories: 279

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 173 mg



Recipe courtesy of National Heart, Lung, and Blood Institute:
<http://www.nhlbi.nih.gov>