



HEALTHY FAST VEGIE SPAGHETTI RECIPE



☰ Prep: 10 mins
🕒 Cook: 10 mins
🍴 Serves: 6
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Ingredients

- ▲ 500 g spaghetti or other pasta
- ▲ 2 tsp olive oil
- ▲ 1 small brown onion, thinly sliced
- ▲ 1 small carrot, thinly sliced
- ▲ 1 stick celery, thinly sliced
- ▲ 1/2 capsicum, seeded and diced
- ▲ 1 small zucchini, cut into 2-3cm pieces
- ▲ 570 g tomato based pasta sauce
- ▲ 1/4 cup Parmesan cheese, grated

Method

1. Cook pasta according to packet directions and drain.
2. Heat oil in a saucepan, add onion and cook until soft.
3. Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes.
4. Add pasta sauce to vegetables and heat through.
5. Remove from heat and serve over pasta. Sprinkle with cheese.

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Variation: Substitute other vegetables for those listed - use those you have in the refrigerator or freezer

Nutrition Information

	per serving	per 100g
Energy	869 kJ	407 kJ
Protein	6.9 g	3.2 g
Fat, total	4.5 g	2.1 g
— saturated	1.1 g	0.5 g
Carbohydrate	32.3 g	15.1 g
— sugars	7.4 g	3.4 g
Sodium	428 mg	200.4 mg
Fibre	4.8 g	2.2 g