

Family Spaghetti



When choosing from the hundreds of pasta options, be sure to compare important nutritional characteristics. For example, a whole wheat pasta provides three times the dietary fiber and fewer calories per serving compared to traditional enriched pasta. A black bean or red lentil pasta increases your protein and dietary fiber while lowering sugar content. However, it may increase the overall calorie count slightly.

For this dinner, we selected whole wheat thin spaghetti.

Sauce ingredients:

- 2 cups organic yellow squash
- 2 ½ cups organic zucchini squash
- 1 cup organic baby Bella mushrooms
- 1 cup organic sweet Vidalia onions
- 3 tsp minced garlic
- 5 freshly chopped organic basil leaves
- 1/2 tsp freshly chopped organic oregano, thyme, and rosemary
- 1 tsp Italian seasoning
- 3 tbs organic nutritional yeast
- 2 tbs organic flaxseed meal
- 2 (6 oz) cans organic tomato paste
- 2 (14.5 oz) cans organic diced tomatoes (with basil, garlic, and oregano)
- 1 (28 oz) can organic crushed tomatoes
- 1 tbs extra virgin olive oil
- 2 cups water
- 16oz seasoned organic ground chicken with tomato, basil, and garlic

Instructions:

1. Chop mushrooms, zucchini, yellow squash, and onions to preferred sizes and set aside. If using fresh herbs, wash and prepare at this time, too. (Note: double Italian seasoning if not using fresh herbs),
2. In a large skillet, brown or cook meat (if including in your sauce). Be sure to drain any excess fat or oils.
3. In a large saucepan, add EVOO (recommend organic). Heat to medium to high heat, add onion and minced garlic, and sauté approximately two minutes until soft and translucent.

4. Add tomato paste, diced tomatoes, mushrooms, 1 1/2 cups of water, nutritional yeast, and seasoning (less the flaxseed meal). Stir until consistent and cover.
5. Add fully cooked meat to the sauce (if including).
6. Stir regularly for at least 30 minutes over medium heat. (Note: if you are not in a hurry, recommend 45-60 minutes for a slightly sweeter sauce that is worth the wait).
7. In a large saucepan, heat water for your pasta.
8. Add remaining vegetables, 1/2 cup water, and flaxseed meal.
9. Cook for additional 15 – 20 minutes, stirring occasionally.
10. Cook your pasta (al dente is recommended).
11. Strain pasta, put on plate, add sauce... I think you can take it from here.

This recipe yielded 16 1-cup servings of sauce. Nutritional facts and information are posted below, as calculated on www.nutritionalvalue.org.

Nutrition Facts

Portion Size	227 g
Amount Per Portion	118
Calories	
	% Daily Value *
Total Fat 3g	4 %
Saturated Fat 0.6g **	3 %
Cholesterol 28mg **	9 %
Sodium 233mg	10 %
Total Carbohydrate 14g	5 %
Dietary Fiber 2.5g **	9 %
Sugar 6.4g **	
Protein 9.3g	19 %
Vitamin D 0mcg **	0 %
Calcium 42mg **	3 %
Iron 1.8mg **	10 %
Potassium 393mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.