

COUNT YOUR STEPS

Vegetarian Spaghetti Sauce

- 2 Tbsp olive oil
- 2 small onions, chopped
- 3 cloves garlic, chopped
- 1 1/4 cups zucchini, sliced
- 1 Tbsp oregano, dried-1 Tbsp basil, dried
- 1 8 oz can tomato sauce
- 1 6 oz can tomato paste*
- 2 medium tomatoes, chopped
- 1 cup water



In medium skillet, heat oil. Saute onions, garlic, and zucchini in oil for 5 minutes on medium heat. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.*

* To reduce sodium, use a 6 oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.

* Want more vegetable serve the sauce over spaghetti squash instead of pasta. See the recipe for "Spaghetti Squash Hash Browns" for spaghetti squash cooking directions.

Per serving: Calories 105 ; Total Fat 5g (Sat Fat 1g.); Cholesterol 0mg; Sodium 479mg; Carbohydrate 15g; Dietary Fiber 4g; Protein 3g; Calcium 49mg, Magnesium 35mg; Potassium 686mg.

