

Suitland Dine & Learn
May 2018: Healthy Cooking without the Pressure

Vegetable and Meat Sauce Spaghetti
Courtesy of Jessica Yamamoto, M.S.

Ingredients

1 tablespoon olive oil	2 cloves garlic, minced
½ lb of ground chicken	1 zucchini
1 yellow onion	2 carrots
½ teaspoon basil	½ teaspoon oregano
¼ teaspoon black pepper	a pinch of salt
1 24-oz jar marinara pasta sauce	12 oz whole wheat spaghetti

Cost per serving: \$1.90

Directions

1. Heat olive oil in a deep skillet. Add minced garlic.
2. Once garlic is heated and coated with olive oil, add in the ground meat and brown.
3. While the beef is browning, finely dice the onion. Once the meat is browned, add onion to skillet.
4. Cook the onion until it is opaque, or almost “see through”. While the onion is cooking, shred the carrot and zucchini with a large-hole cheese grater.
5. Cut mushrooms into small slivers.
6. Add mushrooms, shredded zucchini and carrots to the skillet along with the basil, oregano, pepper and a pinch of salt*. Sauté until the vegetables are tender (about 7-10 minutes).
7. Add the pasta sauce and heat through.
8. Cook the spaghetti according to the package directions. Once pasta is cooked and drained, place it your serving bowl, and top with the sauce.

Nutrition Information

Number of Servings: 5

Amount Per Serving

Serving Size: about 1 ½
cup

Total Fat: 10.9 g
Cholesterol: 40 mg
Sodium: 298 mg

Total Carbs: 26.8 g
Dietary Fiber: 5.3 g
Protein: 18.4 g

Calories: 270