

# HEALTHY FAST VEGIE SPAGHETTI

## RECIPE



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

### 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.

Recipe from *Healthy Food Fast* © State of Western Australia, 2012. Reproduced with permission.

**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	per serving	per 100g
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