

# Healthy Eating

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## Spaghetti with a Secret

*Variable servings*

The "Secret" to this recipe is using a blender to mix vegetables with the pasta sauce before heating the sauce and adding it to the spaghetti.

| Other servings | 1 Serving    | 4 Servings    | Ingredients   |
|----------------|--------------|---------------|---|
|                | 2 ounces     | 8 ounces      | Dry spaghetti   |
|                | 1/2 cup      | 2 cups        | Steamed broccoli or carrots or half broccoli/half carrots<br>(See cook's note #4 if you don't have a steamer) |
|                | 1 cup        | 4 cups        | Low-sodium spaghetti sauce (See cook's note #1)   |
|                | 1 tablespoon | 4 tablespoons | Parmesan cheese, grated   |

1. Cook the spaghetti according to package directions, drain, and rinse with cold water; set aside.
2. Whiz steamed vegetables with spaghetti sauce in a blender until vegetables are no longer visible. Heat.
3. Toss spaghetti with sauce and heat through. Divide among 4 plates; sprinkle the cheese over top.

*(Recipe adapted from materials provided by the Centers for Disease Control and Prevention.)*

### Alice's Notes

1. If you can't find low-sodium spaghetti sauce, use 2 (15 to 16 ounce) cans crushed tomatoes. Add 1 to 2 teaspoons Italian seasoning or to taste. Check seasoning container to see if examples are given for how much to add for a pasta sauce. Or, use regular pasta sauce if sodium levels are acceptable
2. If serving less than 4 people, you might make all the pasta sauce and freeze the extra sauce for later use. Freeze in the portion sizes you'll use at your meal.
3. Use whole grain pasta for additional fiber.
4. If you don't have a steamer, follow these directions to cook fresh vegetables on top of the stove.
  1. Bring 1/2 cup water to boiling in a saucepan.
  2. Stir in vegetables.
  3. Bring heat back to boiling.
  4. Cover and reduce heat to maintain a simmer for desired time:
    - Cook 1/4-inch slices of carrots or baby carrots about 7 to 10 minutes.
    - Cook 1-inch broccoli florets 8 to 10 minutes.

OR, use frozen vegetables and microwave them or cook them on top of the stove according to package directions. Drain off water before adding them to the sauce.
5. If you don't have Parmesan cheese, substitute another grated cheese.

**Know how. Know now.**



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