

# Spaghetti with Quick Marinara

Servings: 8

## Ingredients

- 2 tsp. olive oil
- 2 c. chopped onion
- 1 Tbl. minced fresh garlic
- 2 (14.5 oz.) cans tomato sauce (*I use S&W Organic; 20 calories per ¼ c.*)
- 1 can (14.5 oz.) chopped tomatoes (*no added sugars, look for 25 calories per ½ c.*)
- ½ c. chopped fresh parsley
- ¼ c. minced fresh basil
- 2 tsp. minced fresh oregano
- ¼ tsp. black pepper
- 16 oz. whole wheat spaghetti (*my family likes Garofalo organic whole wheat spaghetti from Costco as much as regular spaghetti*)

## Directions:

1. Using a large saucepan, sauté onion and garlic in the olive oil, over medium heat, until tender (about 3 minutes).
2. Add remaining ingredients and bring to boil. Reduce heat, and simmer, uncovered, 30- to 60-minutes stirring occasionally.
3. Follow package instructions for spaghetti, drain, serve immediately with marinara.

## Optional protein add-on:

- Broiled chicken breast
- Meatless Meatballs
- Boca Crumbles

## Nutrition:

**Marinara on spaghetti** (Serving size: ½ c. sauce on 1 c. spaghetti)

Calories: 275    Protein: 11g    total carbohydrate: 56g    total fat: 2.2g  
sugars: 8.9g    saturated fat: 0g    sodium: 594mg    dietary fiber: 10.2g

**Broiled chicken breast, skinless:** (4 oz.)

Calories: 175    Protein: 33g    total carbohydrate: 0g    total fat: 4.5g  
sugars: 0g    saturated fat: 1g    sodium: 617mg    dietary fiber: 0g

**Meatless Meatballs:** (Serving size: 3 meatballs)

Calories: 100    Protein: 8g    total carbohydrate: 6g    total fat: 4.5g  
sugars: <1g    saturated fat: 0g    sodium: 230mg    dietary fiber: 2g

**Boca Crumbles:** (Serving size: ½ c.)

Calories: 60    Protein: 13g    total carbohydrate: 6g    total fat: 0.5g  
sugars: 0g    saturated fat: 0g    sodium: 270mg    dietary fiber: 3g