



Summer Vegetable Spaghetti

- 2 cups small yellow onion, cut in eighths (335 grams)
- 2 cups tomatoes, chopped, peeled, fresh and ripe (450 grams)
- 1 ½ cups yellow and green squash (340 grams)
- 1 ½ cups fresh green beans (225 grams)
- 2/3 cups water
- 2 Tablespoons fresh parsley, minced
- 1 clove garlic, minced
- ½ teaspoon chili powder
- ¼ teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- ½ can tomato paste (3 oz)
- 1 pound uncooked low protein spaghetti*

Combine the first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. Cook spaghetti in unsalted water according to package directions. Spoon sauce over drained hot spaghetti. Makes 9 servings (1 cup spaghetti and ¾ cup sauce with vegetables).

Per serving (1/2 cup spaghetti and 1/3 cup sauce): 33 mg phe

*This recipe was calculated using Loprofin spaghetti.

Recipe adapted from aboutproduce.com, June 2002



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