

Low Glycemic Spaghetti Sauce Recipe

Makes enough pasta sauce to freeze half and serve 4 people.

Heat in a large skillet over medium heat:

2 T. olive oil

Add:

- 1/3 cup finely chopped Italian broad leafed parsley
- 1 medium onion finely chopped
- 1 medium grated zucchini
- 1 medium grated carrot

Stir and cook for 5 minutes. Add:

- 2 cloves minced garlic
- ½ cup packed chopped fresh basil or 1 T. dried

Stir and cook for a couple more minutes.

- Optional: 1/2 lb. of hamburger that you have cooked separately and drained.
- 1 28 oz. can of chopped Italian tomatoes, with garlic or basil.
- 1 teaspoon salt
- ¼ teaspoon pepper
- fresh parmesan to taste

Add hamburger if you are using it and add the rest of the ingredients except for the parmesan. Simmer for at least 10 minutes uncovered while you are boiling high protein (Barilla) pasta noodles. Top with grated parmesan that you buy as a chunk of parmesan cheese. Don't buy the already grated parmesan in a can because it has high glycemic ingredients. The whole parmesan is a little more expensive but it lasts well when refrigerated and you don't need much per meal. Half of this recipe would go over 8 oz. of pasta which is enough for 4 people. The rest you can refrigerate for a few days for another meal or if you've doubled the recipe you can freeze the rest in separate quart containers.

270 calories per 1 cup serving