

Spaghetti Sauce

Serves 8

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
- 1/2 cup packed chopped fresh basil or 1 T. dried

Stir and cook for a couple more minutes.

Add:

- 2 lbs. chopped fresh tomatoes or (1) 28 oz. can of chopped Italian tomatoes with garlic or basil.
- 1 teaspoon salt
- 1/4 teaspoon pepper
- fresh parmesan to taste
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Optional: 1/2 lb. of hamburger that you have cooked separately and drained.

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.

270 calories per 1 cup serving