

Today's Favourite

FAST VEGIE SPAGHETTI



11 serves of vegies per recipe

Ingredients

500g spaghetti or other pasta
2 teaspoons vegetable oil
1 small onion, thinly sliced
1 small carrot, thinly sliced
1 stick celery, thinly sliced
1/2 capsicum, seeded and cut
into small dice

1 small zucchini, cut into small
dice
570g tomato based pasta sauce
1/4 cup grated Parmesan cheese

Method

Cook pasta according to packet directions and drain. Heat oil in a saucepan, add onion and cook until soft. Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes. Add pasta sauce to vegetables and heat through. Remove from heat and serve over pasta. Sprinkle with cheese. Serves 4-6.

Variation

Substitute other vegetables for those listed – use those you have in the refrigerator or freezer.



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