## WHAT'S COOKING IN THE MARKET? Summer Vegetable Spaghetti

## Servings: 9

## Ingredients

2 cups onion (small, yellow, cut into eighths)
2 cups tomatoes (chopped, peeled, fresh, ripe, about 1 lb )
2 cups squash (thinly sliced yellow and green, about 1 lb )
$11 / 2$ cups green beans (cut fresh, about $1 / 2 \mathrm{lb}$ )
2/3 cup water
2 tablespoons parsley (fresh, minced)
1 clove garlic (minced)
1/2 teaspoon chili powder
1/4 teaspoon salt
1 black pepper (to taste)
1 can tomato paste (6 oz)
1 pound spaghetti (uncooked)
1/2 cup Parmesan cheese (grated)

## Directions

1. Combine 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.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

| NUTRITION INFORMATION PER SERVING |  |  |
| :--- | :---: | :---: |
| Key Nutrients | Amount | \% Daily Value |
| Total Calories | 260 |  |
| Total Fat | 2.5 g | $4 \%$ |
| $\quad$ Saturated Fat | 1 g | $5 \%$ |
| $\quad$ Trans Fat | g |  |
| Cholesterol | mg | $\%$ |
| Sodium | 290 mg | $12 \%$ |
| Carbohydrates | 48 g | $16 \%$ |
| $\quad$ Dietary Fiber | 5 g | $20 \%$ |
| $\quad$ Sugars | g |  |
| Protein | 11 g |  |

MYPLATE FOOD GROUPS

| $\square$ |
| :--- |
| Grains |
| $\square$ |
| Fruits |
| $\square$ |
| $\square$ |
| $\square$ |
| Vegetables |
| $\square$ |
| Pairy |

SNAF

