

Pasta & Veggies with Garlic Toast

You need:

Whole Wheat Spaghetti noodles (or whatever your favorite pasta is)

1 16oz Jared Pasta Sauce (Be sure to look at the sodium and for cheese as you choose)

1 Zucchini sliced thinly

1 Bell Pepper sliced thinly

2 cups Spinach

½ med Onion chopped

1 Vita-Mart Portabella Mushroom (You only need one)

3 cloves (not heads) of Garlic chopped

2/4 slices of Rudi's Multigrain or Rosemary Bread

2 tbps. Olive Oil

In large pot bring water to boil, in another high walled skillet or saucepan sauté onions, and ½ the garlic, bell peppers, and zucchini over medium heat until soft. Once the water is boiling add the pasta, following directions of pasta package, remove from heat & drain. Meanwhile pre-heat broiler on low for garlic toast. Return noodles to pan with sautéed vegetables and add pasta sauce, cover and heat over medium for 5 minutes. Remove from heat and serve.

For the Garlic Toast brush with olive oil and the remaining chopped garlic. Place under broiler with oven door closed for 5 minutes watching carefully (this can go from golden brown to black very fast)

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