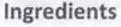
## Spaghetti with Quick Meat Sauce

Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli, garlic bread, and roasted pears for dessert. The recipe makes enough for 8 servings. If you're serving only four for dinner, cook 8 ounces of spaghetti and freeze the leftover sauce.



makes 8 servings

- 1 pound whole-wheat spaghetti
- 2 tsp extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 4 cloves garlic, minced
- 1 Tbsp Italian seasoning
- 1 pound lean (90% or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- ¼ cup chopped flat-leaf parsley
- 1/2 cup grated Parmesan cheese
- 1/2 tsp salt



#### **Nutrition Facts**

Per serving
389 calories; 9g fot (3g saturated,
3g manounsaturated); 48mg
cholesteral; 53g carbohydrate;
0g added sugars; 28g protein;
9g fiber; 416mg sodium;
709mg potassium

### Preparation

Cook pasta according to package directions. Drain. Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot, and celery and cook, stirring occasionally, until the onion is beginning to brown, 5-8 minutes. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3-5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4-6 minutes. Stir in parsley and salt. Serve the sauce over the pasta, sprinkled with cheese.





## 10 tips Nutrition Education Series

# add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

discover fast ways to cook

Cook fresh or frozen vegetables in the microwave
for a quick-and-easy dish to add to any meal. Steam
green beans, carrots, or broccoll in a bowl with a small
amount of water in the microwave for a quick side dish.

be ahead of the game
Cut up a batch of bell peppers,
carrots, or broccoll. Pre-package
them to use when time is limited. You
can enjoy them on a salad, with hummus,
or in a veggie wrap.



3 choose vegetables rich in color
Brighten your plate with vegetables that are red,
orange, or dark green. They are full of vitamins and
minerals. Try acorn squash, cherry tomatoes, sweet
potatoes, or collard greens. They not only taste great but
also are good for you, too.

check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

Stock up on veggies

Canned vegetables are a great addition to any meal so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.

Fig. 1. Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum
flavor at a lower cost, Check
your local supermarket specials
for the best-in-season buys. Or
visit your local farmer's market.

try something new
You never know what you may like. Choose a
new vegetable—add it to your recipe or look up
how to fix it online.