

Recipe Category: Hot Main Dish

Simple Seafood Tomato Sauce with Spaghetti

Yield: 2 servings, about 1 cup each

- 1 1/2 cups cooked spaghetti, whole wheat or regular, boiled without added salt, drained
- 1 teaspoon vegetable cooking oil
- 2 cloves of garlic, minced
- 1 tablespoon dried onion flakes
- 3/4 cup spaghetti sauce, plain or with chunks of vegetables
- 3 ounces light tuna canned in water, drained
- a dash of ground black pepper, to taste
- a dash of dried red pepper flakes, to taste
- 2 teaspoons dried parsley flakes
- 2 tablespoons grated Parmesan cheese
- 1. Wash your hands and work area.
- 2. If you do not have cooked spaghetti on hand, boil according to package directions, except do not add salt.
- 3. Meanwhile, heat cooking oil in a skillet over low to medium heat. Add garlic. Cook until the garlic is golden and fragrant, about 3 minutes.
- 4. Add dried onion, spaghetti sauce and drained tuna to the garlic in the skillet. Boil gently over medium heat for several minutes until heated through, stirring occasionally. Season with ground black pepper and red pepper flakes.
- 5. Place hot, cooked spaghetti on two dinner plates. Top with seafood-tomato mixture. Garnish with parsley flakes and cheese. Serve immediately.
- 6. Cover and refrigerate leftovers within two hours. Or, if desired, freeze sauce for a future meal.



Meal suggestion:
Serve with green
beans, applesauce,
whole grain toast and

low-fat milk.

This quick, extra lean hot main dish is an excellent source of dietary fiber and iron, and a good source of vitamins A and C, and calcium.

Nutrition Facts

Serving Size about 1 cup (254g) Servings Per Container 2

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)mg		28%
hydrate 4	42g	14%
ber 7g		28%
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3 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or

log on to www.ksre.ksu.edu/humannutrition/ The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.