



Summertime (or any time) Chop-Chop Pasta

This is a great way to load up on good-for-you veggies, in a pasta sauce the whole family will love. When served with whole-wheat pasta, you have a supercharged, healthy meal that tastes great too!!

- 2 tablespoons extra virgin olive oil
- 5 cloves garlic – finely chopped
- ½ sweet onion – finely chopped
- 1 sweet bell pepper – finely chopped (red, yellow or orange)
- 1 small zucchini – finely chopped
- 1 carrot – finely chopped
- 2 tablespoons tomato paste
- 1 cup fresh spinach – finely chopped
- 2 28-ounce cans whole, peeled San Marzano (Italian) tomatoes – crushed with hands
- 2 teaspoons dried thyme
- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- 1 teaspoon anchovy paste – optional
- salt and pepper – to taste
- 2 1-pound packages of whole wheat pasta – cooked per package instructions (reserve ½ cup of the cooking liquid)

- Finely chop all vegetables and set aside. Place canned tomatoes (undrained) in a bowl and crush with hands.
- Heat olive oil in a large saucepan. Add garlic, sweet onion and bell pepper. Sauté over medium-high heat for approximately 5 minutes, or until onion and pepper are soft.
- Add carrot, zucchini and sauté for an additional 5 minutes until carrots are soft. Stir in tomato paste and cook 2 minutes. Add spinach and sauté until wilted.
- Add crushed tomatoes, herbs, anchovy paste, salt and pepper. Simmer for 20-30 minutes over low heat, stirring occasionally.
- Before serving, add ½ cup of the pasta water and simmer for 5 minutes.
- To serve, toss with cooked, drained pasta and top with grated Parmesan cheese.

Nutrition Information Per Serving: 657 Calories; 8g Fat (9.5% calories from fat); 27g Protein; 134g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 458mg Sodium. Exchanges: 7 1/2 Grain (Starch); 0 Lean Meat; 3 Vegetable; 1 Fat.

With a spring-loaded chopper, this is a great meal to get the kids involved in helping prepare. At a minimum, let them get involved by crushing the tomatoes with their hands!!