



Revolutionary Infomercial
Secrets

Herbed Whole Wheat Vegetable Pasta

Recipe

Serves 6-8

Ingredients

- ◆ 1 spaghetti squash
- ◆ 4- 6 zucchini , about 2 lbs, shredded, or julienned
- ◆ 12 oz whole wheat pasta, cooked according to package instructions
- ◆ 2 tablespoons olive oil
- ◆ 1 large onion, diced
- ◆ 12 cloves garlic, minced
- ◆ 2 tablespoons rosemary, minced
- ◆ 1/3 cup parsley, chopped
- ◆ 1/4 cup fresh basil, chopped
- ◆ Salt and pepper to taste

Directions

1. Preheat your oven to 375 degrees.
2. Cut the spaghetti squash in half and scoop out seeds. Place spaghetti squash face down in a baking pan filled with 1/2 in of water.
3. Cover the baking dish and roast squash until tender, about 20 - 30 minutes (Depending on size). A knife should easily go through the squash when it is done cooking. Remove from oven and separate strands with a fork.
4. Add oil, onion, garlic, and rosemary into a large sauté pan. Heat over medium heat just until onion begins to brown.
5. Add zucchini and cook until soft, add pasta and spaghetti squash. Add parsley, and basil, season with salt and pepper and serve.

Nutritional Information



Shown here with Roasted Cherry Tomato Sauce and Turkey Bulgur Meatballs

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Nutrition

Serving Size: **241 grams**
 Calories **256**
 Calories from fat **49**
 Total Fat **5.4 grams (8%)**
 Saturated Fat **0.6 grams (3%)**
 Trans Fat **0.0 grams**
 Cholesterol **0 mg (0%)**
 Sodium **19 mg (1%)**
 Total Carbohydrate **44.9 grams (15%)**
 Dietary Fiber **7.2 grams (29%)**
 Sugars **5.2 grams**
 Protein **8.7 grams**

Vitamins

Vitamin A: **15%**
 Vitamin C: **41%**
 Calcium: **7%**
 Iron: **16%**

Good Points

Low in saturated fat
No cholesterol
Very low in sodium
High in dietary fiber
High in vitamin C

Nutrition Grade

A-