



Healthy Pasta Sauce

Low fat, rich in fiber, soy protein & antioxidants--EASY PREP

Number of Servings: 4

Calories Per Serving: 214

CPF Ratio: 44-38-17

Cooking Instructions

Defrost chopped frozen spinach in microwave and squeeze out excess water. Pour pasta sauce in large baking dish. Add 1 package frozen veggie recipe crumbles, and thawed spinach. Warm in oven at 350 degrees from 20 to 30 minutes.

Serve over whole wheat pasta, and with whole wheat garlic bread (if meal plan allows).

TIME SAVING HEALTH TIP: Go for a short walk while dish warms up.

Recipe Exchanges Per Serving:

1 Carbohydrate
2 Lean Meats
1 Fat

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
GARLIC & HERBS PASTA SAUCE	Healthy Choice	26 oz	737
VEGGIE RECIPE CRUMBLES	Morningstar Farms	12 oz	340
SPINACH, FROZEN	chopped, unprepared	1 pkg	284
	Recipe Total:		1,361
	Single Serving Total:		340

Nutrition Information	
Serving Size: 1/4 of recipe (340g)	
Servings: 1	
Amount Per Serving	
Calories 214	Calories from Fat 37
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 948mg	39%
Total Carbohydrate 24g	8%
Dietary Fiber 8g	33%
Sugars 10 g	
Protein 20 g	
Vitamin A 122%	Vitamin C 43%
Calcium 17%	Iron 32%
* Percent Daily Values are based on a 2,000 calorie diet	