

Garden Vegetable Pasta Sauce

Servings: 8

Ingredients:

- 2 Tbl. canola oil
- 1 large onion, diced
- 1 cup eggplant, diced
- 2 cans stewed tomatoes
- 1 Tbl. garlic, minced
- 1 tsp Italian Seasoning
- ½ tsp. oregano
- 1 tsp. basil (dry)
- ¼ tsp. pepper
- 1 medium green pepper
- 8 ounces fresh mushrooms
- 1 cup zucchini, cut into rings or half moons
- 1½ Tbl. cornstarch
- 1/3 cup cold water
- ½ cup parmesan cheese, shredded (1 Tbl. per serving for garnish)
- 16 ounces of any whole grain pasta

Directions:

1. Make pasta according to package directions.
2. Add oil to a large sauté pan over medium heat. Cook onion and eggplant for 10-15 minutes.
3. Add stewed tomatoes and seasonings.
4. Add remaining vegetables (green pepper, mushrooms and zucchini) and cook until tender-crisp.
5. Thicken sauce by mixing cornstarch and water well with a fork; and cornstarch/water to sauce—stirring in as you add it (to avoid lumping).
6. Serve over any pasta or rice and garnish with parmesan .

Nutrition: (Serving size: 1 cup pasta and ¾ cup sauce)

calories: 323
sugars: 6.6g

protein: 12.4g
sodium: 362mg

total carbohydrate: 55g
dietary fiber: 8.4g

total fat: 7.1g
saturated fat: 1.9g