

Spaghetti a la PHILLY

Servings: 8

Ingredients

- 1 can (14.5 oz.) cut *tomatoes*
- A can (15 oz.) *tomato sauce*
- 1½ tsp. *olive oil*
- 1 large *onion*, chopped
- 2 Tbl. *dry basil*
- 2 Tbl. *dry oregano*
- ¼ tsp. *fennel seeds*
- ¼ tsp. *black pepper*
- ½ c. *LITE cream cheese*
- 16 oz. *whole wheat spaghetti* (my family likes Garofalo organic whole wheat spaghetti from Costco as much as regular spaghetti)

Directions:

1. Using a large saucepan, sauté onion in the olive oil, over medium heat, until tender (about 3 minutes).
2. Add remaining ingredients sitting constantly until cream cheese is melted and sauce is smooth.
3. Follow package instructions for spaghetti, drain, toss with sauce, and serve immediately.

Optional Ad-ons:

- Chicken breast
- Meatless meatballs

Nutrition:

A la PHILLY sauce on spaghetti (Serving size: 1 cup spaghetti)

Calories: 273 Protein: 11.2g total carbohydrate: 56.5g total fat: 2.2g
sugars: 8.9g saturated fat: 0.4g sodium: 592mg dietary fiber: 10.7g

Broiled chicken breast, skinless: (4 oz.)

Calories: 175 Protein: 33g total carbohydrate: 0g total fat: 4.5g
sugars: 0g saturated fat: 1g sodium: 617mg dietary fiber: 0g

Meatless Meatballs: (Serving size: 3 meatballs)

Calories: 100 Protein: 8g total carbohydrate: 6g total fat: 4.5g
sugars: <1g saturated fat: 0g sodium: 230mg dietary fiber: 2g