

Sautéed Vegetables over whole wheat pasta with marinara sauce

Difficulty level- moderate Price- moderate

Several cloves garlic
Red pepper flakes
2 28 oz cans whole tomatoes
Fresh basil
Olive oil

1 red onion
red or yellow pepper
1 zucchini
Eggplant
Salt and pepper to taste
8-12 oz cooked whole grain pasta

Marinara Sauce

In a large shallow pan or skillet, heat 2 Tbls of olive oil, 3 cloves of minced garlic and ½ tsp of red pepper flakes until hot. Don't allow the garlic to brown. Add the tomatoes, breaking them up into small pieces with a potato masher or fork. Cook until thickened and no longer watery, about 20-30 minutes. Season with salt, pepper and a pinch of sugar if needed. Chop several leaves of fresh basil and stir into the sauce. Makes about 1 ½ quarts of marinara sauce. Freezes well. Use for pizza and pasta.

While the sauce is cooking, prepare the vegetables. Cut the onion, eggplant, pepper and zucchini into bite sized pieces. Heat 1 Tbls of olive oil in a large sauté pan. Add the onion and cook until slightly softened. Add remaining vegetables and sauté until crisp tender. Add enough sauce, about 1 cup, and heat thoroughly. Pour over cooked pasta. Serves 4.