



## Spaghetti with Lentils (Spaghetti 4)

This recipe makes great leftovers. Cool and refrigerate or freeze for a quick meal later! If desired, substitute with gluten-free pasta.

<u>U.S.</u>		<u>Metric</u>
8 oz	Spaghetti, dried, whole wheat or gluten-free	227 g
1/2 lb	Brown Lentils, dried	227 g
1/8 tsp	Kosher Salt	.37 g
1 Tbsp	Olive Oil	15 mL
1 medium	Yellow Onion, chopped small	1 medium
2 cloves	Fresh Garlic, minced	2 cloves
1/2 each	Red Bell Pepper, chopped small	1/2 each
1 stalk	Celery, chopped small	1 stalk
8 oz	Mushrooms, minced	227 g
1 (15 oz) can	Tomato Sauce, canned	423.7 g
1 tsp	Worcestershire Sauce	5 mL
1 cup	Water, for sauce	237 mL
2 tsp	Italian Seasoning	6 g
To Taste	Black Pepper, ground	To Taste

### Preparation:

1. Gather all the ingredients and equipment.
2. Bring a small pot of lightly salted water to a boil and add lentils. Cook until lentils are tender, about 15 minutes. Remove lentils and set aside.
3. Add water back to the pot. Once water comes back to a boil, add spaghetti and cook spaghetti until "al dente" (~10-12 minutes) Once cooked, toss with ½ tsp of oil and set aside.
4. Heat the oil in a small pot over medium-high heat. Once hot, add the onion, garlic, celery, bell pepper and mushrooms.
5. Allow to cook, stirring frequently, until the onions are soft, about 5 minutes.
6. Add the tomato sauce, Worcestershire, water, spices, salts, and lentils and bring to a simmer. Simmer about 10-15 minutes. (Note: do not forget to add the water).
7. Serve 3/4 cup of sauce over 3/4 cup of pasta.

**\*\*Nutrition Facts on Reverse**

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<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3/4 cup pasta</b>
	<b>3/4 cup sauce</b>
<b>Servings</b>	<b>7</b>
<b>Calories</b>	250
Calories from Fat	20
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	390 mg
Carbohydrates	56 g
Dietary Fiber	16 g
Sugars	4 g
Protein	16 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	2 %
Iron	6 %
Phosphorus	100 mg

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