



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>
16 oz	Spaghetti, whole wheat	450g
1/2 lb	Brown Lentils, dried	227g
1/4 tsp (divided)	Kosher Salt	1.5g
1 Tbsp	Olive Oil	15mL
1 medium	Yellow Onion, chopped small	1 medium
1/2 each	Red Bell Pepper, chopped small	1/2 each
1 stalk	Celery, chopped small	1 stalk
8 oz	Mushrooms, minced	227g
2 cloves	Garlic, minced	2 cloves
1 (15 oz) can	Tomato Sauce	425g
1 tsp	Worcestershire Sauce	5mL
1 cup	Water, for sauce	237mL
2 tsp	Italian Seasoning	6g
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all the ingredients and equipment.
2. Bring a medium-sized pot of lightly salted (1/8 tsp) water to a boil and add the lentils. Cook until the lentils are tender, about 20 minutes. Remove the lentils and set aside.
3. Add water back to the pot and bring to a boil. Add spaghetti and cook spaghetti according to the package directions or until "al dente" (meaning chewy and firm, not soft or mushy) about 8-10 minutes. Once cooked, toss with 1/2 tsp of oil and set aside.
4. Heat the remaining oil in a medium pot over medium-high heat. Once hot, add the onion and cook until onions are soft and begin to brown, about 2-4 minutes.
5. Once the onions are soft, begin to add the red bell pepper, celery, mushrooms, and garlic as you finish chopping them. Cook until the vegetables are tender, about 5-7 minutes, stirring occasionally.
7. Add the tomato sauce, Worcestershire, water, spices, 1/8 tsp salt, and lentils and bring to a simmer. Simmer about 10 minutes until sauce is thickened. Stir every 2-3 minutes as the sauce simmers and thickens. (Note: do not forget to add the water).
7. Serve 3/4 cup of sauce over 3/4 cup of pasta.

Nutrition Facts

8 Servings

Serving size **3/4 cup pasta, 3/4 cup sauce**

Amount per serving

Calories **310**

Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	330 mg
Total Carbohydrate	66 g
Dietary Fiber	15 g
Total Sugars	4 g
Includes 0g Added Sugars	
Protein	17 g
Vitamin D	0 %
Calcium	0 %
Iron	12 %
Potassium	500 mg
Phosphorus	200 mg
