



Featured Recipe: **Vegetarian Spaghetti Sauce**

Ingredients:

- 2 Tbsp olive oil
- 2 small onions, chopped
- 3 cloves garlic, chopped
- 1 1/4 cups zucchini, sliced
- 1 Tbsp oregano, dried
- 1 Tbsp basil, dried
- 1 8 oz can tomato sauce
- 1 6 oz can tomato paste*
- 2 medium tomatoes, chopped
- 1 cup water

Directions

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Makes 6 servings; 3/4 cup each. Per Serving: 105 calories, 5 g fat, 0 mg cholesterol, 479 mg sodium, 15 g carbohydrate, 4 g fiber, 3 g protein. *To reduce sodium, use a 6-oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.*

Source: National Heart, Lung, and Blood Institute, YOUR GUIDE TO Lowering Your Blood Pressure With DASH — Recipes for Heart Health

