

Whole-Wheat Spaghetti with Creamy Meat Sauce

Serves 8; Serving size: 1 1/4 cup pasta and sauce



INGREDIENTS

1 package (16oz) whole-wheat spaghetti
2 Tablespoons olive oil or other cooking oil
1 small onion, finely chopped (about 1 cup)
1 medium carrot, finely chopped (about 1/2 cup)
2 stalks celery, finely chopped (about 1/2 cup)
8 ounces white mushrooms, finely chopped
3 cloves garlic, minced (about 1 Tablespoon)
1 pound lean (85% or higher) ground beef, ground chicken or turkey
1 teaspoon dried Italian seasoning
Two 14.5-ounce cans diced tomatoes (preferably no-salt-added), with their juices
1/2 cup lower sodium chicken broth
1/4 cup fat-free evaporated milk or regular whole milk
Salt and ground pepper to taste
1/4 cup grated Parmesan cheese

DIRECTIONS

Cook the pasta according to the package directions.

In the meantime, heat the oil in a large skillet over medium-high heat. Add the onion, carrot, and celery and cook, stirring a few times, until softened, about 5 minutes. Add the mushrooms and cook until the water they release has evaporated, another 5 to 7 minutes, stirring a few times. Add the garlic, ground beef, and Italian seasoning and cook until the meat is browned, breaking it up into small pieces as it cooks, about 5 minutes. Stir in the tomatoes and broth and cook until the sauce is thickened, about another 5 minutes. Stir in the milk and cook for 1 minute more. Season with salt and pepper.

When the pasta is done, drain it, put it back in the pasta pot, add the sauce, and stir the sauce and pasta together. For each serving, sprinkle with Parmesan, and serve.

NUTRITION FACTS per Serving:

Calories: 290 Carbohydrates: 41 grams Sodium: 132 milligrams
Total Fat: 5.5 grams Fiber: 7 grams
Protein: 21 grams Cholesterol: 31 milligrams

Recipe adapted from The Food You Crave by Ellie Krieger