One Pan Spaghetti

Serves 10

- 1 (15-ounce) can carrots, drained and rinsed
- 1 (26-ounce) can spaghetti sauce
- 2 carrot cans with water (4 cups)
- 1 (10-ounce) package whole grain or whole wheat spaghetti

1. In a mixing bowl, mash carrots until smooth. Pour into large sauce pot.
2. Add spaghetti sauce and water. Bring to a boil.
4. Simmer until spaghetti is tender, stirring often.

Nutrition information per 1 cup serving: calories 160, total fat 3g, protein 5g, carbohydrates 29g, dietary fiber 2g, sodium 500mg.

Recipe from www.kidsacookin.ksu.edu

“This skillet dish is quicker than making a package of mac n’ cheese. I put it all in one pan and let it cook.”