



**Kid Critics Approved Product:
Vita Spelt Organic White Spaghetti**



Summer Spaghetti

Great Summer pasta dish with lots of fresh vegetables!
by Healthy Recipe Mom, Katrin

PANS/EQUIPMENT: 1 large saucepan, 1 large skillet
PREP TIME: 20 minutes
COOK TIME: 10 minutes
NUMBER OF SERVINGS: 6 or more depending on ages

1 (8-ounce) box of Vita Spelt Organic White Spaghetti
6 quarts boiling water

In a saucepan, cook spaghetti according to box instructions. Be sure not to over-cook! Drain spaghetti and rinse, return to the pot.

2 Tablespoons extra virgin olive oil
1 small yellow squash
1 small zucchini
1 small red bell pepper
1 small orange or yellow bell pepper
1 small green bell pepper

While pasta is cooking, cut all the vegetables in approximately 1/2 inch cubes. Heat olive oil in skillet at medium heat. Add all vegetables and cook, stirring several times, for approximately 5 minutes. Add the vegetables to the spaghetti in the pot.

1 jar spaghetti sauce (look for reduced sodium)
1/3 cup Parmesan cheese

Add the jar of sauce to the pasta pot. Stir into pasta and vegetables and cook for 5 min on medium or until thoroughly heated. Serve warm. Top each serving with 1-2 Tablespoons Parmesan cheese or to taste.

OPTIONS: Katrin has made this dish with and without chicken. To add chicken, cut 1 pound of chicken breast (no antibiotics!) into cubes and cook in skillet with olive oil for about 10 minutes or until done. Stir into pasta with vegetables. Katrin also notes that the recipe could be made with tofu.

FAMILY COMMENTS: “They are 2 ½ yrs old (twins) and they liked it as well as my husband and my brother. I don’t have picky kids, so they really eat nearly everything... just let people know they can just adjust with their favorite vegetables, that’s the beauty of this easy quick recipe! Also, the mild flavor of the zucchini gets covered with the red sauce, therefore picky vegetables eaters might eat all without knowing all what’s in there!” (Katrin, mother of 2)

RECIPE SOURCE: Katrin’s recipe

5+ FOOD COLORS: golden, tan, yellow, green, red, + white option

6+ FOOD GROUPS: whole grains, vegetables, fruits, dairy, essential fatty acids, herbs (in sauce), + poultry & legume options