

## MEATLESS SPAGHETTI BOWL

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Included in Box:**

- ½ c. whole wheat spaghetti, cooked
- ¼ c. canned no salt kidney beans, drained and rinsed
- ¼ c. low sodium spaghetti sauce
- ¼ c. canned no salt green beans, drained and rinsed

**Additional Ingredients Needed:**

- ½ small onion (~¼ c.), diced
- 1 tsp garlic powder

**Directions:**

1. Combine kidney beans, spaghetti sauce, onion and garlic powder in microwave safe dish. Cover and microwave on high for 2 minutes. Stir and microwave for 1 more minute, or until mixture is thoroughly heated.
2. Serve sauce mixture over warm pasta.

**Tip:** Top with a spoonful of shredded cheese for extra flavor or add a handful of spinach or kale to sauce for extra vegetables!



**Nutrition Facts\***

**Total Servings:** 1  
**Serving Size:** 1 c.  
**Calories:** 274 kcal  
**Fat:** 3.5 g  
**Sodium:** 122 mg  
**Carbohydrates:** 53.5 g  
**Fiber:** 11 g  
**Protein:** 12 g  
**Carbohydrate Servings:** 3 ½

*\*Nutrient facts include cooked whole wheat spaghetti pasta (4/5 c., not packed), 50% less sodium kidney beans, canned low sodium spaghetti sauce with tomato bits, small white onion, and garlic powder.*