

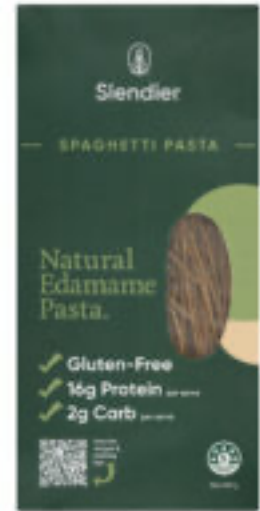
EDAMAME SPAGHETTI

Servings: 2

Calories: 1 serves 301 Carbohydrates: 32g Protein:20 g Fat: 11 g Fiber: 7

INGREDIENTS

- 200g Slendier Edamame Bean Organic SPAGHETTI or Fettuccine
- 1-2 Tbsp Tomato paste
- 400g (1 can) Crushed tomato or puree
- 1 Clove garlic, minced
- 1 Onion, diced
- 1 Celery stalk, diced
- 1 Carrot, diced
- 1 Cup mushrooms, diced
- Fresh herbs for garnish: chili, basil, parsley, etc.
- 1 Tbsp EVO oil
- Salt and pepper to taste



DIRECTIONS

1. Lightly spray a pan with oil and heat over medium heat.
2. Sauté all the vegetables (except the herbs) until cooked through.
3. Add crushed tomato or puree and tomato paste, cooking through and adjusting the flavor with salt and pepper.
4. In a separate pan, boil water and cook Edamame Spaghetti for 3-5 minutes.
5. Remove from heat, drain the water, and toss the spaghetti with the tomato sauce.
6. Add fresh herbs and EVO oil to garnish.

Optional: Add your favorite protein or cottage cheese to boost your intake.

You can also add zucchini spaghetti to boost your fiber intake.