

## Fast Veggie Spaghetti



### *Ingredients*

500g wholemeal spaghetti or other wholemeal, chickpea or lentil pasta  
2 teaspoons vegetable oil  
1 small onion, thinly sliced  
1 small carrot, thinly sliced  
1 small celery, thinly sliced  
½ capsicum, seeded and cut into small dice  
1 small zucchini, cut into small dice  
570g tomato based pasta sauce  
¼ cup grated Parmesan cheese

### *Method*

Cook pasta according to packet directions and drain. Heat oil in a saucepan, add onion and cook until soft. Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes. Add pasta sauce to vegetables and heat through. Remove from heat and serve over pasta. Sprinkle with cheese.

Serves 4-6.

### *Variations*

Substitute other vegetables for those listed – use those you have in the refrigerator or freezer.

To add a serve of legumes to the meal, include a can of salt reduced red kidney beans, drained and rinsed.