



Spaghetti with Tomato Sauce

Info:

Makes 4 Servings 275 Calories per Serving

LOW CAL

Ingredients:



- ❖ 8oz Pasta
- ❖ 28oz Crushed Tomatoes
- ❖ 2 Garlic Cloves, minced (or garlic powder equivalent)
- ❖ 1 tsp Basil
- ❖ 1 tsp Oregano
- ❖ ½ tsp Parsley
- ❖ 1 tsp Salt
- ❖ Dash of Ground Black Pepper
- ❖ Grated or shredded parmesan cheese (optional 22 calories per Tbsp)

Preparation:



1. Boil noodles until desired doneness
2. Meanwhile combined all remaining ingredients
3. Plate the noodles and pour sauce on top, serve hot!