

## **Never Forgetti Spaghetti**

### **LOW FAT FRESH TOMATO SAUCE**

Serves: 4

Serving Size: 1/2 cup

Preparation Time: 5 minutes; 35-40 minutes cooking time

#### **Ingredients:**

6 medium Italian plum tomatoes

1 small onion

2 tablespoons tomato paste

1 clove garlic

1/2 teaspoon basil

1/2 teaspoon ground oregano

1/2 teaspoon fresh lemon juice

1/2 teaspoon brown sugar

1/4 teaspoon salt

#### **Utensils:**

Food Processor (make sure a grown up helps you use this!)

Saucepan

#### **Directions:**

Put all of the ingredients into a food processor with the help of an adult. Put the top on and turn the machine on high for 2 to 3 minutes. When all of the ingredients are mixed together well, ask an adult to help you put everything into a saucepan on the stove. Let the sauce simmer for 35-40 minutes.

### **WHOLE WHEAT SPAGHETTI**

Serves: 4

Serving Size: 2 ounces

Preparation Time: 10-12 minutes

#### **Ingredients:**

One 8 ounce box of whole wheat spaghetti

4 quarts water

1 tablespoon vegetable oil

#### **Utensils:**

Large pot

Wooden spoon

#### **Directions:**

Boil the water and vegetable oil in a large pot. Make sure a grown up helps you when you use the stove! Add the spaghetti to the boiling water, and stir it gently until water boils again. Cook 10 to 12 minutes. Have a grown up help you to drain the spaghetti and then put the fresh tomato sauce over it to make Never Forgetti Spaghetti!