

New WIC  
**Food**



## Veggies and Tofu Pasta

- 1 (14 ounces) package firm or extra firm tofu
- 1 medium onion
- 1 red pepper
- 1 small carrot
- 1 zucchini
- 2 teaspoons vegetable oil
- 2 (14.5 ounces) cans no added salt diced tomatoes
- 1 (6 ounces can) tomato paste
- 1/8 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (16 ounces) package spaghetti

1. **Freeze tofu ahead of time and then crumble.**
2. Wash produce and dry with paper towel. Chop onion, red pepper, carrot, and zucchini.
3. Heat vegetable oil in sauce pot. Add onion, red pepper, carrot, and zucchini. Cook until vegetables are tender.
4. Add tomatoes, tomato paste, tofu, garlic powder, oregano, basil, salt, and black pepper.
5. Cook on low heat for 20 minutes.
6. In large pot of boiling water, cook spaghetti according to package directions. Do not add salt to water. Drain and set aside.
7. Serve sauce over pasta.

Makes 8 portions

Per portion

Calories	334
Carbohydrate	57 grams
Protein	16 grams
Fat	6 grams
Saturated Fat	1 gram
Cholesterol	0
Sodium	340 milligrams
Dietary Fiber	6 grams

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