



Veggie-Loaded Spaghetti Amore



1/2 of recipe (about 1 2/3 cups): 329 calories, 5.5g total fat (2g sat. fat), 418mg sodium, 60g carbs, 8g fiber, 13.5g sugars, 13.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



Ingredients

4 oz. uncooked high-fiber spaghetti
1/2 cup creamy tomato soup with 4g fat or less per serving (like Amy's Chunky Tomato Bisque)
1/4 cup reduced-fat sour cream
2 tbsp. chopped fresh basil
1/8 tsp. Italian seasoning
1 cup chopped portabella mushrooms
1 cup chopped zucchini
1/3 cup frozen peas, thawed
1/3 cup jarred roasted red peppers, drained and chopped
1 tbsp. reduced-fat Parmesan-style grated topping

Directions

In a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain and cover to keep warm.

Meanwhile, in a medium bowl, mix tomato soup with sour cream until uniform. Stir in basil and Italian seasoning.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms and zucchini. Cook and stir until softened, about 5 minutes.

Reduce heat to low. Add peas, chopped roasted red peppers, and soup mixture. Cook and stir until hot and well mixed, about 2 minutes.

Add cooked pasta, and stir to coat. Continue to cook until pasta is hot, 1 - 2 minutes.

Serve sprinkled with Parm-style topping. Enjoy!

MAKES 2 SERVINGS

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