



WHAT'S FOR DINNER?

This Seasonal Veggie Spaghetti recipe uses fresh vegetables and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go locations. You'll love its simplicity and the ability to add leftover protein options to mix it up for a new dinner option. Deliciously nutritious, it's a go-to meal anytime.



SEASONAL VEGGIE SPAGHETTI

Nutritional Facts:

Kidney Beans and pine nuts are great sources of lean protein, minerals, vitamins, fibers, and antioxidants. Zucchini, bell peppers and tomatoes together high in high in fiber; antioxidants; calcium; folate; potassium; and vitamins A, C, and K. Additionally, rice or wheat pasta (basmati or brown) is a good source of protein, fiber, vitamin B, and phytochemicals. These nutritional ingredients help to maintain digestive and heart health; blood pressure and cholesterol levels, weight; reduce inflammation; and boost immune function, as well as protect against osteoporosis, cancer, and diabetes.

Ingredients (Serves 4):

1-2 zucchinis, chopped	1 packet spaghetti
4 bell peppers, seeded and chopped	salt, pepper
1/2 yellow onion, chopped	1/2 teaspoon garlic powder
3 garlic cloves, chopped	1/2 teaspoon onion powder
1 teaspoon vegetable oil (coconut oil)	1 teaspoon dried parsley or 1 tbsp fresh and chopped
500g tomato sauce	1/4 teaspoon paprika
1 can red kidney beans, drained and rinsed	3 tablespoons pine nuts

Instructions:

1. In a pan over medium-high heat add the coconut oil, garlic, and onion. Saute for 1-3 minutes until glossy and fragrant.
2. Add the bell peppers, and the seasoning (except salt and pepper), cover with a lid and cook for 5-6 minutes.
3. Add the zucchini and stir to combine for another 10 minutes.
4. Meanwhile bring water for the spaghetti to boil and cook according to the package instruction.
5. Add the tomato sauce and the beans to the vegetables, stir, and simmer for 5 more minutes.
6. Add the spaghetti and toss with two wooden spoons until well incorporated. Take off the heat and keep covered with the lid.
7. Heat a small pan over high heat and toast the pine nuts for a few minutes until golden brown.
8. Plate the pasta and sprinkle the pine nuts on top.

Serve, Eat & Enjoy!

Recipe adapted from www.thehealthfulideas.com

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