Garden Marinara

Bring the garden onto your plate with this flavorful sauce that can be changed depending on what vegetables are in season!

**Serves 6**

**Ingredients**

- 2 tablespoons olive oil
- 1 small onion, minced
- 2-3 cloves garlic, minced
- 2 carrots, peeled and minced
- 1 bell pepper, chopped
- 1 15-ounce can tomato sauce
- 2-3 medium tomatoes diced or 1 15-ounce can diced tomatoes
- 3 tablespoons fresh herbs, minced (ex. basil, oregano, thyme, etc.)
- Salt and pepper to taste

**Directions**

1. In a large pot, heat olive oil over medium heat.
2. Add onion and sauté 3-5 minutes stirring frequently.
3. Add garlic, carrots, and peppers and sauté approximately 5 more minutes.
4. Add tomato sauce, tomatoes, and herbs. Season with salt and pepper to taste, and stir to combine.
5. Serve over pasta and top with parmesan cheese if desired.

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**Nutrition Facts**

**Serving Size 1 Cup**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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| Calories | 400 | Calories from Fat 70%
| Total Fat | 8g | % Daily Value* |
| Saturated Fat | 2g | 12% |
| Trans Fat | 0g | 10% |
| Cholesterol | 5mg | 2% |
| Sodium | 500mg | 21% |
| Total Carbohydrate | 68g | 23% |
| Dietary Fiber | 5g | 20% |
| Sugars | 9g |  |
| Protein | 15g |  |
| Vitamin A 100% |  |
| Calcium 10% |  |
| Iron 20% |  |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Calories per gram:**
- Total Fat: Less than 65g
- Saturated Fat: Less than 20g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg
- Total Carbohydrate: Less than 300g
- Dietary Fiber: 25g
- Sugar: 9g

Please note: nutritional values are approximate.

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