



Cauliflower Primavera

- 2 cups cauliflower, cut into bite-sized pieces
- 1 cup carrot slices*
- 1 cup broccoli*
- 1 jar (28 ounces) spaghetti sauce
- ½ cup water
- 2 ½ cups cooked spaghetti noodles

*You can use different combinations of veggies: chopped broccoli, cauliflower, celery, cabbage, onions, green peppers, sliced mushrooms or green beans

1. Mix all ingredients, except spaghetti noodles. Cover and cook on high for 15 minutes, stirring every 5 minutes. Cook longer, if you like vegetables softer.
2. Serve over spaghetti noodles.

| Nutrition Facts | |
|--|---------------|
| 4 servings per recipe | |
| Serving size | (422g) |
| Amount Per Serving | |
| Calories | 260 |
| % Daily Value* | |
| Total Fat 4g | 4% |
| Saturated Fat .5g | 4% |
| Trans Fats 0g | |
| Cholesterol less than 5mg | 1% |
| Sodium 110mg | 4% |
| Total Carbohydrate 48g | 15% |
| Dietary Fiber 8g | 30% |
| Sugars 15g | |
| Includes 0g added sugars | 0% |
| Protein 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 400mg | 8% |
| Iron 10mg | 15% |
| Potassium 4080mg | 20% |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice. | |