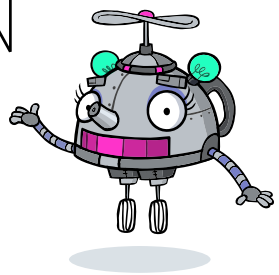
SHOPPING LIST

Pasta with Tomato Sauce

- Olive Oil
- Onion
- Garlic Cloves
- Carrot
- Zucchini
- Dried Basil
- Tomato Paste
- Crushed Tomatoes
- Dried Pasta
- Fresh Basil
- Parmesan Cheese

First, check off the items you already have at home.



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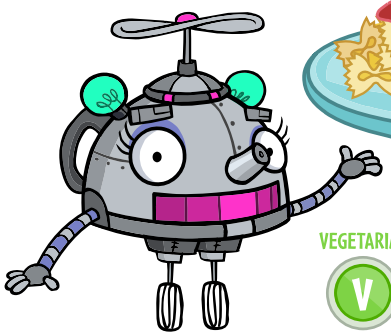
DINNER

FIZZY'S LUNCH LAB

Pasta with Tomato Sauce



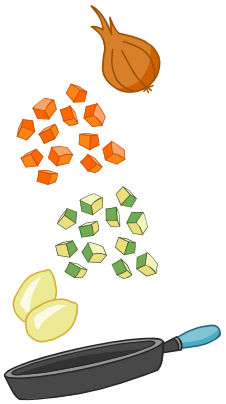
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	6
YES	Over 1 hour	Hard	

YOU WILL NEED

- **1 tablespoon** olive oil
- **1 medium onion,** chopped
- **2 garlic cloves,** minced
- **1 medium carrot,** finely chopped
- **1 medium zucchini,** cut into small dice
- **½ teaspoon** dried basil
- **1 tablespoon** tomato paste
- **1 (28 ounce) can** crushed tomatoes
- **1 cup** water
- **1 pound** dried pasta (any shape)
- **½ cup** chopped fresh basil leaves
- Parmesan cheese (optional)

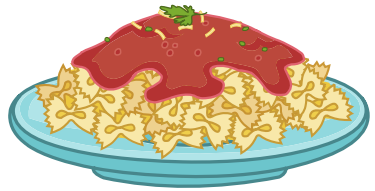
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: To make the sauce: Heat a 12-inch skillet over medium heat; once hot, add the oil. Add the onion, garlic, carrot, zucchini, and dried basil and cook until softened, about 10 minutes. Stir in the tomato paste, and cook for 1 minute. Add the tomatoes and water and bring to a boil. Lower the heat to a simmer and cook, partially covered, until the sauce thickens slightly and the flavors meld, about 1 hour.

STEP 2: Meanwhile, bring a large pot of water to a boil. Add the pasta and cook according to the package directions. Drain the pasta and divide equally among 6 bowls. Top each bowl with the tomato sauce, and sprinkle with the fresh basil. Serve with fresh Parmesan cheese if desired.



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Nutrition Facts

Serving Size 1 serving (356g)
Servings Per Container 6

Amount Per Serving

Calories 370 Calories from Fat 35

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 70g	23%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 13g	

Vitamin A 50% • **Vitamin C** 40%
Calcium 8% • **Iron** 10%

*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:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4