

One Pan Spaghetti

This recipe is a good source of calcium, which keeps bones and teeth strong.

Ingredients:

- 1/2 pound lean **ground beef**
- 1 medium **onion**, chopped
- 3 1/2 cups **water**
- 1 can (15-ounce) **tomato sauce**
- 2 teaspoons dried **oregano**
- 1/2 teaspoon **each sugar, garlic powder, rosemary**
- 1/4 teaspoon **pepper**
- 2 cups (12 ounces) broken **spaghetti**
- 1 cup (4 ounces) shredded **parmesan cheese**

Directions:

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet.) Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers within 2-3 hours.

Tips:

- Try ground turkey or small cooked shrimp for the meat.
- Try whole wheat pasta to increase fiber.
- Use cheddar cheese in place of parmesan.

Nutrition Facts	
Serving Size 1 Cup (246g)	
Servings Per Container 10	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 13g	
Vitamin A 6%	• Vitamin C 6%
Calcium 15%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

10 servings, 1 cup each

Source: 2005, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>.