

Marinara Sauce

Makes 8 servings

1/2 pkg frozen cut spinach
1 yellow squash, diced
2 T minced garlic
1/2 medium bell pepper, diced
1 14 oz. can tomato sauce, no salt added
1 14 oz. can crushed tomatoes, no salt added
2 T balsamic vinegar



Cook spinach for 3 minutes over medium heat with a few tablespoons of water. Add squash, garlic, and bell pepper and cook covered for 5 minutes. Add remainder of ingredients and simmer for at least 10 minutes.

Nutrition information per serving (~1/3 cup): 45 calories, 0g fat, 2g protein. Good source of vitamin A. Excellent source of vitamin C.

