

## Whole wheat pasta with marinara sauce



Recipe credit

[Adapted from the United States Department of Agriculture's Fresh Tomato Sauce](#)

### **About this recipe**

Serves

8

Serving size

1 cup

Time to make

15 minutes preparation; 20 minutes cook time

Special criteria

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## Ingredients

- 1 pound uncooked whole wheat pasta
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 28-ounce can crushed tomatoes
- 1 tablespoon Italian seasoning
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/2 cup grated Parmesan cheese
- 1/4 cup fresh parsley, chopped

## Directions

1. Cook pasta according to the package directions.
2. Heat oil in a pan and add onions, carrots, and celery. Stir occasionally till the onions are browned.
3. Add the tomatoes, Italian seasoning, garlic, and salt. Cook until thickened.
4. Drain the pasta. Serve the cooked sauce over pasta.
5. Garnish with cheese and parsley.

## Tips and variations

- Add cooked ground beef or turkey for additional protein.
- Serve this dish with a garden side salad.
- Freeze the leftover sauce for a quick meal starter in the future.

## Nutritional info

Calories

280

Total fat

4 g

Saturated fat

1 g

Sodium

514 mg

Total carbohydrates

53 g

Dietary fiber

7 g

Protein

12 g

Allergens

Dairy

Wheat

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