

# EASY SPAGHETTI PRIMAVERA



VantageWellness.com

## Ingredients

Yield: 4

- 1(14 ounce) can natural low sodium chicken broth
- 2 tbsp cornstarch
- 1 medium onion, cut into wedges
- 1 tsp dried oregano leaves, crushed
- 3 tsp low-fat grated parmesan cheese
- 4 c whole wheat thin spaghetti, cooked and drained
- 1 medium tomato, diced
- 2 c broccoli flowerets
- 2 medium carrots, sliced
- 1/4 tsp garlic powder

Optional: Add 1 1/2 cups of cooked shrimp

## Directions

1. Mix cornstarch and 3/4 cup broth. Mix remaining broth, oregano, garlic, broccoli, carrots and onion in pan.
2. Heat to a boil. Cover and cook over low heat 5 minutes or until vegetables are tender.
3. Add cornstarch mixture. Cook and stir until mixture boils and thickens. Stir in tomato. Toss with spaghetti and serve with cheese if desired.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	440	3.75 g	15.5 g	88 g	170 g

## Nutritional Information (with shrimp)

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/2 cup	484	4.5 g	28 g	88 g	264 g

Carbohydrate Exchanges: 5 (full serving not recommended for diabetics)