



## WHOLE WHEAT PASTA WITH MARINARA SAUCE

### INGREDIENTS

- 1 lb uncooked whole wheat pasta
- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 28-ounce can crushed tomatoes
- 1 tbsp Italian seasoning
- 4 cloves garlic, minced
- 1 tsp salt
- ½ cup grated Parmesan cheese
- ¼ cup fresh parsley, chopped

### PREPARATION

1. Cook pasta according to the package directions.
2. Heat oil in a pan and add onions, carrots and celery. Stir occasionally until 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.

