



## Spaghetti Sauce, Low-sodium, Canned

MyPlate Food Group: **Vegetable**



### Nutrition Information

- 1 cup of canned spaghetti sauce contributes to the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Tomatoes are an important source of many nutrients, including vitamins A, C, and an antioxidant called lycopene which is good for heart health and eyesight.

### Uses and Tips

- Add garlic, Italian herbs, and onions to make a quick pasta sauce. Add more veggies to create a sauce that is flavorful, full of texture, and filled with fiber and important vitamins and minerals.
- Add ground beef or ground turkey to make a hearty pasta sauce packed with protein.
- Spread a thin layer of spaghetti sauce on a tortilla, English muffin, bagel, or slice of bread, top it with cheese and your favorite toppings, and bake it in the oven to make a quick, personal pizza.

### Storing Foods at Home

- Store unopened cans of spaghetti sauce in a cool, clean, dry place.
- Store remaining opened spaghetti sauce in a tightly covered container that is not made from metal in the refrigerator.

## MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### **Cheesy Spaghetti Pie**

*Makes 6 servings*

#### **Ingredients:**

non-stick cooking spray  
6 ounces spaghetti, uncooked  
1 pound lean ground beef or turkey  
1 can (15.5 ounces) low-sodium spaghetti sauce  
2 tablespoons margarine  
2 eggs, beaten  
½ cup Parmesan cheese, grated  
1 cup nonfat cottage cheese  
1 cup mozzarella cheese, shredded

#### **Directions:** Wash hands with soap and water.

1. Preheat oven to 350 degrees F. Spray a 9-inch pie plate with non-stick cooking spray. Set aside.
2. While spaghetti is cooking, brown ground beef or turkey until cooked. Drain fat. Add spaghetti sauce to ground beef and mix well.
3. Break eggs into a shallow dish. Wash hands with soap and water after cracking raw eggs. Stir margarine, eggs, and Parmesan cheese into spaghetti. Mix well. Form a crust in the prepared pie plate using the spaghetti mixture.
4. Spread cottage cheese over spaghetti crust. Top with hamburger mixture.
5. Bake for 20 minutes. Sprinkle mozzarella cheese on top. Bake 5 minutes longer or until cheese is melted.

*Recipe adapted from University of Nebraska-Lincoln, Nutrition Education Program*

### **Mediterranean Roasted Eggplant**

*Makes 4 servings*

#### **Ingredients:**

2 small eggplants  
non-stick cooking spray  
1 can (15.5 ounces) low-sodium spaghetti sauce  
¼ cup plain yogurt, low-fat  
1 clove garlic, finely chopped

#### **Directions:** Wash hands with soap and water.

1. Preheat the oven to 350 degrees F.
2. Remove the stem end and slice the eggplants into ½-inch slices.
3. Spray a baking pan with vegetable oil spray and lay the eggplant in the pan in a single layer.
4. Spoon spaghetti sauce on each slice.
5. Bake 30 minutes in the preheated oven.
6. Stir the yogurt and garlic together.
7. Drizzle the yogurt sauce in thin lines on each of the eggplant slices before serving.

*Recipe adapted from AZ Health Zone*