



Spaghetti with Fresh Mushroom Sauce

Serves 4

- 1 tablespoon olive oil
- 1 cup sliced mushrooms, such as shiitake, brown (cremini), or portobello, or a combination
- 1/3 cup chopped onion
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 6-ounce can no-salt-added tomato paste
- 1/2 cup water
- 1 tablespoon sugar
- 1 medium dried bay leaf
- 3/4 teaspoon chopped fresh basil or 1/4 teaspoon dried, crumbled
- 3/4 teaspoon chopped fresh oregano or 1/4 teaspoon dried, crumbled
- 1/8 teaspoon pepper
- 1/8 teaspoon cayenne (optional)
- 8 ounces dried whole-grain spaghetti

In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, onion, and garlic for 3 to 5 minutes, or until the onion is soft, stirring occasionally.

Stir in the remaining ingredients except the pasta. Bring to a simmer. Reduce the heat and simmer, covered, for 1 to 2 hours, stirring occasionally. If the sauce becomes too thick, stir in a small amount of water. Discard the bay leaf.

Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Serve topped with the sauce.

Nutritional Analysis

Serving Size: 1 cup spaghetti and 1/2 cup sauce

Calories	305
Fat	4.5g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	1.0g
Monounsaturated Fat	2.5g
Cholesterol	0mg
Sodium	59mg
Carbohydrates	61g
Dietary Fiber	10g
Sugars	14g
Protein	12g
Potassium	877mg
Calcium	77mg

Diabetic Exchanges:

Starch	3
Vegetable	3