Spaghetti al Pisto

Source: Dora Stone, chef and photographer, founder of mmmole.com and dorastable.com

This recipe is based on a traditional Spanish dish featuring a tomato, pepper, and vegetable stew. Serve over spaghetti.

About the Recipe

530 Calories · 20 g Protein · 11 g Fiber
Dinner
Gluten-free · Nut-free

Be sure to choose a gluten free spaghetti if you are following a gluten free diet.

Ingredients

Makes 4 Servings

- 1 white onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 zucchini, medium, cut into cubes
- 1 green pepper, cut into cubes
- 2 red peppers, cut into cubes
- 2 15.5-oz cans (878 g) chopped tomato
- 1 bay leaf
- 1/4 tsp (1.2 mL) sugar, granulated
- 14 oz (397 g) spaghetti

Directions

1. To make the ratatouille, heat a large pot on medium heat. Add the onion and sweat for 6-7 minutes or until tender and translucent. If it starts to stick to the pan, add a little water or vegetable broth. Add the garlic and cook for 2

more minutes.
2. Add the zucchini and cook for 3 minutes, or until the zucchini begins to tender.
3. Add the peppers and cook for 3 to 4 minutes. Mix well.
4. Pour the can of tomatoes, bay leaf, and sugar into the pot and lower the temperature over low heat.
5. Boil everything slowly for 20 minutes or until all the vegetables are cooked and tender. Season with salt and pepper to taste.
6. Meanwhile, boil water. Once the water boils, cook the spaghetti according to the package instructions.
7. Drain the pasta and immediately mix with the ratatouille.

Nutrition Facts

Per serving

Calories: 530
Fat: 4 g
    Saturated Fat: 1 g
    Calories from Fat: 6%
Cholesterol: 0 mg
Protein: 20 g
Carbohydrates: 106 g
Sugar: 13 g
Fiber: 11 g
Sodium: 238 mg
Calcium: 119 mg
Iron: 6 mg
Vitamin C: 157 mg
Beta-Carotene: 1,994 mcg
Vitamin E: 2 mg
Potassium: 919 mg