

Lunch | Dinner

No Fuss Homemade Spaghetti

5 Mins
Prep Time

10 Mins
Cook Time

6
Servings

272 Calories **6g Fat** **48g Carbs** **7g Protein**



Ingredients

6 Servings **15 Mins Total Time** **Allergens: Gluten, Dairy**

12 oz Dry Spaghetti

2 Cups One Pot Herbed Marinara Sauce

Optional Topping: Parmesan Cheese, grated

Allergen Swap

Gluten Use gluten-free pasta

Dairy Use a dairy-free cheese, such as vegan cheese

Nourishment Note



Marinara Sauce

Marinara sauce contains tomatoes that add a healthy dose of vitamin A, a key nutrient for Crohn's disease and ulcerative colitis.



Parmesan Cheese

Parmesan cheese contains trace amounts of lactose, which makes it a flare-friendly food option.

Instructions

1. Prepare Pasta

In a large pot, prepare pasta according to package instructions.

2. Heat Sauce

While pasta is cooking, heat marinara sauce in a medium-sized sauce pan.

3. Mix

Transfer cooked pasta to a large serving bowl and top with heated marinara sauce.

4. Serve & Enjoy

Sprinkle with Parmesan cheese and enjoy.

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Medium-Sized Saucepan



Large Pot



Large Serving Bowl



Spoon

Remission Remix

- Swap traditional white spaghetti for a higher fiber whole wheat variety.