

# 6-Ingredient Vegan Spaghetti

## Ingredients:

- 1 package zucchini noodles
- 1 container baby bella mushrooms
- 4 roma tomatoes
- 2 tbsp minced garlic
- ½ jar marinara sauce
- 2 tbsp olive oil



## Instructions:

- In a large pot, heat the olive oil and garlic on medium-low heat.
- Chop up tomatoes to desired size and add to the pot. Sautee until tomatoes cook into a hearty, sauce-like texture. Add mushrooms and sautee until cooked (they will turn light brown in color once cooked).
- Toss in the zucchini noodles and ½ of a jar of marinara sauce. Reduce heat to low and cover with a lid. Let simmer for 10 minutes. Enjoy! Serve immediately. Store leftovers for up to 2 days in the fridge.

Yield: 2-3 servings

\*\*Nutritional information below provided via MyFitnessPal App

Calories	351
Total Fat	16.8 g
Saturated	1.9 g
Trans	0 g
Polyunsaturated	1.4 g
Monounsaturated	9.8 g
Cholesterol	0 mg
Sodium	209.8 mg
Total Carbohydrates	38.5 g
Dietary Fiber	10.5 g
Sugar	23.8 g
Added Sugars	-
Sugar Alcohols	-

Protein	11.2 g
Vitamin D	-
Calcium	8.6 %
Iron	15.1 %
Potassium	2,283.1 mg
Vitamin A	38.8 %
Vitamin C	61.2 %