

Veggie Spaghetti



Ingredients

- 1 package of vegetable noodles of choice
- 1 zucchini, chopped or sliced
- 1 yellow squash, chopped or sliced
- 1 jar of pasta sauce (we like Rao's Homemade Marinara sauce)
- Italian seasoning to taste (we like Penzey's Italian Seasoning)
- Nutritional Yeast

Directions

- Boil pasta according to directions
- Saute zucchini and squash in a sauce pan with italian seasoning
- Top the cooked pasta with the vegetables, pasta sauce, and then nutritional yeast to taste

Tips

On occasion we add the plant based meat alternatives like Italian tempeh or Boca Veggie Crumbles.

Notes