

Easy One-Pot Pasta | Cozy & Healthy 20 Minute Dinner!

Yield: 3 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-zucchini-bread-recipes>

Ingredients:

- 8 ounces dry pasta *, gluten-free or regular
- 8 ounces grape tomatoes cut in half
- 2 garlic cloves minced
- 1/2 yellow onion thinly sliced
- 1 zucchini small, chopped and quartered
- 3 ounces cremini mushrooms sliced
- 1/2 teaspoon red pepper flakes optional
- 1/2 teaspoon kosher salt
- 1 1/4 cups pasta sauce choice
- 2 1/2 cups water
- 3 ounces fresh spinach

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 8 grams
6. Protein: 15 grams
7. SaturatedFat: 1 grams
8. Sodium: 890 milligrams
9. Sugar: 17 grams

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