



**SECOND HARVEST**  
of SILICON VALLEY

# Springtime Veggie Spaghetti with Parmesan

## Ingredients

1 pack of spaghetti noodles  
1 Tbsp of cooking oil  
1/4 onion, diced  
1-2 garlic, minced  
1 can of diced tomatoes, 14.5 oz  
1 tsp sugar  
1/2 tsp salt  
2 cups of seasonal vegetables, cooked  
Red pepper flakes, optional  
Parmesan cheese, grated, optional

**Servings:** 3-4

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Total time:** 30 minutes

## Directions

1. Cook the spaghetti according to packet instructions. Drain and set aside.
2. While the pasta is cooking, heat the cooking oil in a large sauté pan or wok over medium heat. Add onion and garlic, stir for about 2-3 minutes. Pour in the can of diced tomatoes. Add the salt and sugar. Stir and cook for about 6-8 minutes.
3. Add the cooked vegetables and the spaghetti. Stir for about 5 minutes until the spaghetti absorbs the sauce.
4. Add the grated Parmesan cheese and the red pepper flakes as desired.

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