

Vegetable Spaghetti (ash tarkari)

Prep Time: 30 minutes

Total Time: 1 hour and 30 minutes



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Virginia Cooperative Extension • Family Nutrition Program



Ingredients

- ½ cup dried lentils
- 5 cups water (divided)
- 1 tbsp olive oil
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 2 tsp dill, dried
- 2 medium tomatoes, washed and chopped
- ¼ box of uncooked spaghetti (4oz)
- 1 rutabaga, washed and chopped
- 1 large potato, washed and chopped
- 1 bunch of spinach (10-12oz), washed and stems removed
- 1 cup fat-free Greek yogurt



Directions

1. Rinse lentils and add them to a pot with 1 ½ cups of water. Bring to a simmer with the lid tilted for 15-20 minutes.
2. Pour 1 tbsp of olive oil into another pot. Add the onion and cook until golden brown, about 15 minutes.
3. Add the minced garlic, dill, and tomato to the pot with the onion. Cook until fragrant.
4. Add the remaining water (3 ½ cups) to the pot along with the lentils, spaghetti, rutabaga, and potato. Bring to a boil and boil for 20 minutes.
5. Reduce heat to low, add the spinach, and cook for 5 more minutes. Add the yogurt and stir.

Serve warm. Refrigerate leftovers within 2 hours of preparation for up to 2 days.

Tips

- Serve with naan and a yogurt dip.
- Microwave rutabaga to make easier to chop.
- Adjust spices to taste!

Nutrition Facts

4 servings per container
Serving size 1 1/2 cups (716g)

Amount per serving
Calories 360

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 125mg 5%

Total Carbohydrate 63g 23%

Dietary Fiber 7g 25%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 0mcg 0%

Calcium 230mg 20%

Iron 20.5mg 110%

Potassium 1380mg 30%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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