

# Vegetable Noodles

**Makes:** 4 Servings

Ready-to-eat low-sodium spaghetti sauce , low-sodium canned mixed vegetables, and cheese are combined and cooked with noodles.

## Ingredients

- 1 pound** noodles (uncooked)
- 2 cups** canned low-sodium mixed vegetables (drained)
- 1 cup** canned low-sodium spaghetti sauce
- 1/2 cup** shredded cheese (like Cheddar or American)

## Directions

1. Prepare noodles according to package directions and drain.
2. Return cooked, drained noodles back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium heat until the vegetables are hot.
3. Sprinkle with cheese before serving.

## Notes

Tip: Fresh or frozen vegetables can also be added. Make sure to cook them before tossing with the noodles.