

## UF/IFAS Extension Marion County

### Carrots with Tomatoes and Macaroni

#### Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 4 plum tomatoes (from a can), chopped
- 1/2 cup tomato juice, low-sodium
- 6 carrots, peeled and sliced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon sugar
- 2 tablespoons fresh chopped parsley (or 1 teaspoon dried)
- 1 teaspoon margarine
- 1 cup whole wheat elbow macaroni, cooked



#### Directions:

1. Sauté onion in the oil until soft but not brown.
2. Add tomatoes, juice, carrots, salt, pepper and sugar. Cover and cook over low heat for 5 minutes.
3. Remove the cover and cook over low heat for another 5 minutes, stirring occasionally.
4. Stir in the parsley.
5. Combine margarine with the cooked macaroni.
6. Add macaroni to carrot mixture and serve.

#### **Nutrition Information** – 4 servings

Calories: 170; 5 g fat; 4 g protein; 27 g carbohydrates; 5 g fiber; 240 mg sodium.

Source: [Fruits and Veggies Matter - Foundation for Better Health Foundation](#)

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