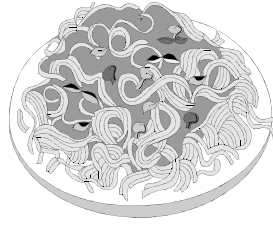


Spaghetti with a Secret

8 ounces dry whole wheat spaghetti
2 cups steamed or cooked broccoli, carrots or blend
1 can or jar (29-32 ounces) spaghetti sauce
4 Tablespoons Parmesan cheese, grated



1. Cook spaghetti according to package directions.
2. Meanwhile, steam or cook vegetables until tender; drain.
3. Puree vegetables and spaghetti sauce in blender.
4. Pour into saucepan and cook until hot.
5. Drain and rinse spaghetti with hot water.
6. Top spaghetti with sauce and sprinkle with cheese.

Makes 4 servings.