**Baked Spaghetti**

Prep time: 10 min Cook time: 50 min

**Ingredients:**

* 200g whole wheat spaghetti (for extra fiber)
* 2 tbsp extra virgin olive oil
* 2 garlic cloves, minced
* ½ onion, thinly sliced
* 1 cup zucchini, chopped (increase for more veggies)
* ½ cup red and yellow bell peppers, chopped
* 100g lean chicken or plant-based protein (optional)
* 4 large tomatoes, diced
* 1 cup marinara or pasta sauce
* 1 tbsp low-fat cheese
* 2 tbsp chopped fresh basil
* 3 cups water or low-sodium vegetable broth
* Low sodium salt, pepper & oregano, to taste

**Instructions:**

1. Preheat oven to 350°F (175°C).
2. In a baking dish, add whole wheat spaghetti, olive oil, garlic, onions, and seasoning. Mix well.
3. Add bell peppers, zucchini, tomatoes, marinara sauce, and basil.
4. Pour in water or broth, mix, and bake uncovered for 30 minutes.
5. Toss the spaghetti, sprinkle with nutritional yeast or a light amount of cheese, and bake again for 15-20 minutes.
6. Remove from the oven, sprinkle oregano, and serve hot with whole grain garlic bread or a fresh side salad.