# CARBOHYDRATES

## Your Body's Main Fuel

Carbohydrates (carbs) provide energy for your brain, muscles, and everyday activities. They are found in grains, fruit, beans, vegetables, milk, yogurt, and sweets. Most carbs break down into glucose, which your cells use for energy.

Choose more carbs with additional nutritents like fiber, vitamins, and minerals - such as whole grains, beans, fruits, and vegetables. Fiber supports gut health, helps you feel satisfied, and can slow the rise in blood sugar after meals.

# Pasta Sauce

**Ingredients**

- 1 pound spaghetti or whole-wheat spaghetti
- 1 Tablespoon olive oil
- 1 small onion, diced
- 1 bell pepper, zucchini, or other seasonal garden vegetable, diced
- 3-4 cups chopped fresh tomatoes
- 2-3 cloves fresh garlic, minced
- 2-3 cloves black garlic
- 1 can white beans, drained and rinsed
    - cannellini, navy, or great northern
- 1 teaspoon dried Italian seasoning, or fresh basil and oregano to taste
- Salt and black pepper to taste
- ½-1 cup reserved pasta water, as needed
- Grated Parmesan cheese

**Directions**

- Cook spaghetti according to package directions. Before draining, reserve about 1 cup of pasta water.
- Heat olive oil in a large skillet or saucepan over medium heat. Add onion and other garden vegetables and cook until softened.
- Add fresh garlic and cook til fragrant (about 30 seconds).
- Add tomatoes and herbs. Simmer for 15-30 minutes, or until the tomatoes soften and the sauce begins to thicken.
- In a blender or food processor, combine the cannellini beans, black garlic, and about ½ cup of the tomato sauce. Blend until smooth.
- Stir the bean mixture back into the sauce. Add reserved pasta water as needed to reach your preferred consistency.
- Season with salt and black pepper.
- Toss with cooked spaghetti or spoon the sauce over individual servings.
- Top with Parmesan cheese, if desired.