

Oregano

# SPICY MARINARA

## Ingredients:

- 2 Tbsp olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1/2 tsp crushed red pepper flakes
- 1 (28 oz) can no-salt-added crushed tomatoes
- 1 Tbsp balsamic vinegar
- 2 Tbsp minced fresh basil
- 1 Tbsp minced fresh oregano

## Preparation:

1. In a large saucepan, heat oil over medium. Add onion, garlic & pepper flakes. Cook 4-5 minutes or until tender, stirring occasionally.
2. Add tomatoes, vinegar, basil & oregano. Simmer 15-20 minutes or until sauce thickens, stirring occasionally. Taste & adjust seasoning as needed.
3. Enjoy as a dip, in a recipe, or over pasta!

20 Min | Serves 8

| Nutrition Facts              |           |
|------------------------------|-----------|
| 8 servings per recipe        |           |
| <b>Serving size</b>          | (115g)    |
| Amount per serving           |           |
| Calories                     | <b>60</b> |
| % Daily Value*               |           |
| <b>Total Fat</b> 3.5g        | 4%        |
| Saturated Fat 0g             | 0%        |
| Trans Fat 0g                 |           |
| <b>Cholesterol</b> 0mg       | 0%        |
| <b>Sodium</b> 15mg           | 1%        |
| <b>Total Carbohydrate</b> 7g | 3%        |
| Dietary Fiber 2g             | 7%        |
| Total Sugars 3g              |           |
| Includes 0g Added Sugars     | 0%        |
| <b>Protein</b> 1g            |           |
| Vitamin D 0mcg               | 0%        |
| Calcium 41mg                 | 4%        |
| Iron 0mg                     | 0%        |
| Potassium 222mg              | 4%        |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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# OREGANO

## In Season

May - October

## How to Select

Choose oregano that is perky, green & free of brown, yellow, or wilted leaves.

## How to Store

Oregano can last up to 10 days in the refrigerator if stems are placed in a glass filled with 1 inch of water, with the leaves & stalks covered with a plastic bag.

## Helpful Tip

Dry oregano by hanging it upside down at room temperature for 2-3 weeks. When it is completely dry, strip leaves from stems by running your fingers against the direction of growth. Store in a jar up to 12 months.



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