

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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