Springtime Veggie Spaghetti with Parmesan

Ingredients
1 pack of spaghetti noodles
1 Tbsp of cooking oil
1/4 onion, diced
1-2 garlic, minced
1 can of diced tomatoes, 14.5 oz
1 tsp sugar
1/2 tsp salt
2 cups of seasonal vegetables, cooked
Red pepper flakes, optional
Parmesan cheese, grated, optional

Directions
1. Cook the spaghetti according to packet instructions. Drain and set aside.

2. While the pasta is cooking, heat the cooking oil in a large sauté pan or wok over medium heat. Add onion and garlic, stir for about 2-3 minutes. Pour in the can of diced tomatoes. Add the salt and sugar. Stir and cook for about 6-8 minutes.

3. Add the cooked vegetables and the spaghetti. Stir for about 5 minutes until the spaghetti absorbs the sauce.

4. Add the grated Parmesan cheese and the red pepper flakes as desired.

Servings: 3-4
Prep time: 10 minutes
Cook time: 20 minutes
Total time: 30 minutes

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