

Make Your Own Nutrient-Packed Vegetable Marinara Sauce (VIDEO RECIPE)

[0]September 16, 2012 | Dr. Pamela Peeke

It can be tough to pack your daily serving of vegetables into one day. But [SPE Certified chef Anthony Moraes](#) and [SPE Certified culinary nutritionist Natalia Hancock](#) are making it easy with this five vegetable marinara sauce that is delicious *and* nutritious.

Watch below as [Dr. Pam Peeke](#), author of *The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction*, joins Hancock and Moraes in making a roasted vegetable sauce packed with nutrients and vitamins:

What is SPE Certified? SPE Certified is a unique certification and consulting program designed to enhance the nutritional quality of meals, while maintaining great taste. The inspiration was born from the Latin



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phrase *Sanitas Per Escam*, which means "Health through Food." [Click here to learn more.](#)

Roasted Vegetable Marinara Sauce

Serves 12

Ingredients

2 ½ lbs tomatoes, halved
1 large carrot, halved
1 small onion, peeled and halved
1 shallot, peeled and halved
3 cloves garlic, peeled and halved
1 small red bell pepper, cored and halved
1 small jalapeño, cored and halved
2 tbsp olive oil
1 tsp salt



No need to peel the vegetables either before you chop them, says Hancock. “The peel is where most of the nutrients are and also where lot of the fiber is.”

Directions

1. Preheat oven to 375 degrees and place vegetables skin side down in a large roasting pan.
2. Drizzle the vegetables with 1 tbsp of the olive oil and sprinkle with ½ tsp salt. Cover with foil and roast for 45 minutes.
3. After 45 minutes, remove the foil and continue baking another 15 minutes uncovered. Remove from the oven and pour off extra cooking liquid and reserve.
4. Purée the vegetables in the [blender](#) with remaining tablespoon of the olive oil and ½ teaspoon of the salt. Use some of the reserved cooking liquid if needed to blend.
5. Sauce should be sweet, spicy, flavorful and bright orange in color. Add red pepper flakes for a spicier sauce. Serve over pasta.

Note: Can be frozen for up to 2 months.

Follow this up with a tasty dessert: [Healthy Stone Fruit Crumble Recipe](#)

Vegetable Marinara Nutritional Information per 1/2 cup serving

Calories: 40kcal
Fat: 2g
Saturated fat: 0g
Protein: 1g
Carbs: 6g
Fiber: 1g
Sodium: 160mg



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