

# Oven Roasted Vegetables and Pasta

*Recipe courtesy of Meals in Minutes-American Heart Association*



*Serves 6*

**4 to 6 ounces dried rotini or other pasta**

**Vegetable oil spray**

**1 lb or 8 ozs crookneck squash and 8 oz zucchini cut into matchstick strips (3 medium)**

**2 medium onions, cut into eighths and then in half crosswise (yellow preferred,  $\frac{1}{2}$  to  $\frac{3}{4}$  pound)**

**1 medium green bell pepper or any color, cut into 1" squares**

**8 ounces cherry tomatoes, halved**

**$\frac{1}{4}$  cup finely chopped fresh basil or 1 Tbsp plus  $1\frac{1}{2}$  tsp dried, crumbled**

**$1\frac{1}{2}$  Tbsp cider vinegar or balsamic vinegar**

**1 Tbsp extra-virgin olive oil**

**2 tsp bottled minced garlic or 4 medium cloves garlic, minced**

**3 ozs feta cheese, crumbled**

**$\frac{1}{2}$  tsp salt**

**$\frac{1}{8}$  to  $\frac{1}{4}$  tsp crushed red pepper flakes**

Cook pasta using package directions, omitting salt and oil.

Meanwhile, preheat broiler. Line a large broiler pan or two baking sheets with aluminum foil. Spray foil with vegetable oil spray. Put squash, onions, peppers, and tomatoes in broiler pan.

Broil about 5 inches from heat for 15 minutes, or until edges are brown and peppers are just tender, stirring every 5 minutes.

Meanwhile, in a small bowl, whisk together basil, vinegar, oil, and garlic.

Drain pasta and put in a large bowl. Gently stir in all ingredients.