

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, ½ to ¾ pound)

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

8 ounces cherry tomatoes, halved

¼ cup finely chopped fresh basil or 1 Tbsp plus 1½ tsp dried, crumbled

1 ½ 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

½ tsp salt

⅛ to ¼ 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.