



Roasted Vegetable Pasta

Servings - 6

Prep + Cook Time - 40 min

Equipment Needed- knife, cutting board, oven, and baking casserole dish

INGREDIENTS

- 2 cups uncooked whole wheat pasta
- 1/2 cup parmesan cheese
- 1 medium onion, diced
- 1 small yellow or green zucchini squash
- 1 green or red bell pepper
- 1/2 head cauliflower or broccoli
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

NUTRITIONAL INFORMATION

Possible Allergens: sensitivities to onion or bell pepper.

Health Benefits: Squash contains vitamin A, niacin, folate, thiamine and vitamin B6, in addition to providing excellent amounts of vitamin C.

INSTRUCTIONS

1. Preheat oven to 400 Fahrenheit.
2. Chop onion, squash, bell pepper, and cauliflower/broccoli into bite size pieces.
3. Mix vegetables with 2 tablespoons of oil, salt, and pepper together in a bowl.
4. Spread vegetables out onto a baking sheet so they do not overlap.
5. Bake for 30 minutes or until starting to brown.
6. While the vegetables are roasting, cook pasta by following instructions on the box.
7. Drain pasta and put in serving bowl.
8. When vegetables are finished, add to pasta with remaining 1 tablespoon of olive oil and toss.
9. Stir in grated parmesan and serve. Enjoy!

RECIPE SOURCE

Capitalareafoodbank.org