

ITALIAN VEGETABLE PASTA

INGREDIENTS

- 1 1/2 T Olive oil (extra-virgin)
- 1 Red pepper(cored) (cut in strips)
- 2 Zucchini (cut into 1 inch cubes)
- 2 Summer squash (yellow) (cut into 1 inch cubes)
- 8 Mushrooms (Cremini) (cut in 1/2)
- 1 Eggplant (small) (use 1/2) (cut into 1 inch cubes)
- 1 Onion (yellow) (peeled) (Sliced into 1 inch strips)
- 1 t Salt (divided)
- 1 t Black pepper (divided)
- 2 t Oregano (dried)
- 2 t Basil (dried)
- Garlic powder (to taste)
- Pinch Red pepper (crushed)
- 16 oz Whole-wheat penne pasta **OR** gluten-free pasta of your choice
- 3 C Marinara sauce
- 3/4 C Mozzarella cheese (low fat) (grated) (divided) **OR** vegan Mozzarella (shreds)
- Non-stick cooking spray



DIRECTIONS

- 1 Pre-heat your oven to 450 F
- 2 Toss the vegetables & seasonings plus 1/2 t each of salt & pepper on a baking sheet with olive oil
- 3 Roast until tender (15 minutes) & remove from the oven
- 4 Boil water at a high heat in a 5 qt pot with a dash of salt
- 5 Add the pasta & cook for about 6 minutes at a medium heat
- 6 You're going to be continuing the cooking of the pasta in the oven so it's ok if it's still 'hard' inside
- 7 Drain the pasta in a colander
- 8 Toss the drained pasta with the roasted vegetables & then add the marinara sauce, some of the cheese (reserve 1/3 C for topping), 1/2 t each of salt & pepper mixing thoroughly
- 9 Spray a deep wide casserole dish with the non-stick cooking spray
- 10 Place the pasta vegi mix into the casserole dish & sprinkle remaining cheese
- 11 Bake open on your lowest oven shelf for 15 minutes
- 12 Move dish to the middle oven shelf & bake until top is golden & cheese melts (10 minutes)
- 13 Makes 6 servings

