



ENTREES

PASTA WITH ROASTED VEGETABLES

Serves 8, 1 ½ cups per serving

Prep time: 25 minutes ▪ Cook time: 40 minutes



CARE AND SHARE™
FOOD BANK FOR SOUTHERN COLORADO

INGREDIENTS

- 1 medium **onion**
- 1 medium **summer squash**, or ½ medium **winter squash**
- 1 handful mushrooms
- 1 small head cauliflower
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 1 (16-ounce) package whole wheat pasta

Optional Ingredients

- 1 ½ cups grated Parmesan or Romano cheese
- ¼ cup torn fresh basil or parsley leaves

DIRECTIONS

1. Preheat the oven to 375°F.
2. Rinse and peel onion. Rinse squash, mushrooms, and cauliflower. Chop vegetables into bite-size pieces. All equal size.
3. In a medium bowl, add oil, salt, pepper, and cut veggies. Stir until veggies are well coated.
4. Spray a baking sheet with non-stick cooking spray. Spread veggies on the baking sheet in a single layer. Bake until veggies are browned at the edges, about 30-35 minutes.
5. During last 10 minutes of baking time, cook pasta following package directions. Drain pasta.
6. In a large skillet, add veggies and drained pasta. Heat over medium heat for 2-3 minutes. Stir frequently.
7. Transfer mixture to a serving bowl. If using grated cheese and fresh herbs, add now. Serve hot.

CHEF'S NOTES

- If you don't have an oven, cook vegetable mixture in a skillet over medium heat until tender and lightly browned.
- To cut costs, use whatever veggies are in season or on sale. Or, use thawed frozen veggies. Be sure to pat dry before using.
- Try serving this dish with marinara sauce.
- For more heat, add ¼ teaspoon ground cayenne pepper to the veggies in step 3.

Nutrition Facts

Serves 8

Serving Size 1 1/2 cups

Amount Per Serving

Calories 315

% Daily Value*

Total Fat 8.8g 14%

Saturated Fat 0.8g

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 272.2mg 11%

Total Carbohydrate 53.9g 18%

Dietary Fiber 6.1g 24%

Sugars 9.9g

Protein 9.1g 18%

RECIPE BY:
Cooking Matters

