Recipe

Pasta with Roasted Vegetables

A colorful and tasty side dish for any meal.

Makes: 8 servings, 1 1/2 cup each

Prep/Cook Time: approximately 1 hour

Source: cookingmatters.org recipes- pasta roasted vegetables

Small Changes, BIG Difference!

Ingredients

- 1 medium onion
- 1 small 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:

- 1½ 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. Reserve ½ cup of pasta water. Drain pasta.
6. In a large skillet, add veggies and drained pasta. Heat over medium heat for 2–3 minutes. Stir frequently. Add some of the reserved pasta water to moisten and make a sauce.
7. Transfer mixture to a serving bowl. If using grated cheese and fresh herbs, add now. Serve hot.

Nutrition Information

Serving Size: 1 1/2 cup

Nutrients	Amount
Calories:	310
Total Fat:	10 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	85 mg
Total Carbohydrates:	50 g
Dietary Fiber:	7 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	10 g

Utensils Needed

- Baking sheet
- Colander
- Cutting board
- Large pot
- Large skillet
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife

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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider.