

Pasta With Roasted Vegetables

Serves 8, 1½ cups per serving



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

Directions

1. Preheat the oven to 425°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. Roast 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 Facts

Serving Size 1 1/2 cups
Servings Per Recipe 8

Amount Per Serving

Calories 310 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 50g **18%**

Dietary Fiber 7g **25%**

Sugars 3g

Protein 10g

Vitamin A 0% • Vitamin C 25%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes

- To cut costs, use whatever veggies are in season or on sale. Try different combinations like halved plum tomatoes and broccoli, or red onion and chunks of butternut squash. Or, use thawed frozen veggies. Be sure to pat dry before using.
- Try serving this dish with marinara sauce.
- Use any whole wheat pasta you like, such as penne, rigatoni, shells, or bow tie.
- For more heat, add ¼ teaspoon ground cayenne pepper to the veggies in step 3.