

BAKED PENNE WITH ROASTED VEGETABLES

Higher Fiber, Lower Sodium, Vegetarian

Serves: 1.5 cups

Nutrition (per serving)

Calories: 445

Total Fat: 13.5 g

Saturated Fat: 3.5 g

Sodium: 190 mg

Total Carbohydrate: 55 g

Dietary Fiber: 10.5 g

Protein: 13.5 g

Ingredients

2 red peppers, cored and cut into 1-inch strips

2 zucchini, quartered lengthwise and cut into 1-inch cubes

2 summer squash, quartered lengthwise and cut into 1-inch cubes

7 oz. can button mushrooms, drained

1 yellow onion, peeled and sliced into 1-inch strips

¼ cup extra virgin olive oil

¼ tsp salt, divided

¼ tsp pepper, divided

- 1 Tbsp Italian seasoning
- 12 ounces whole wheat penne pasta
- 3 cups low-sodium marinara sauce
- ½ cup shredded parmesan cheese, divided
- ½ cup grated smoked mozzarella
- ½ cup frozen peas, thawed

Directions

1. Preheat oven to 450 degrees F. On baking sheet, toss the peppers, zucchini, squash, mushrooms, and onion with olive oil, 1/8 tsp salt, 1/8 tsp pepper, and Italian seasoning. Roast in oven until tender, about 15 minutes.
2. Meanwhile, bring a large pot of water to a boil over high heat. Add the pasta and cook for about 6 minutes (the pasta should still be hard in the middle – it will finish cooking in the oven) Drain in a colander.
3. In a large bowl, toss drained pasta with roasted vegetables, marinara sauce, ¼ cup parmesan cheese, smoked mozzarella, peas, 1/8 tsp salt, and 1/8 tsp pepper. Gently mix until all ingredients are combined.
4. Pour the pasta into a greased 9x13 inch pan. Top with the remaining ¼ cup Parmesan cheese. Bake until top is golden and cheese melts, about 25 minutes.