
ROASTED VEGGIE PASTA SALAD

(Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan)

Yield: 3 servings **Total time:** 40 minutes



D'LISH

Ingredients

- 1 cup whole-grain pasta, uncooked
- 1 cup grape tomatoes, chopped
- 2 cloves garlic, minced
- 1 red onion, chopped
- 1 bell pepper, chopped
- 1 zucchini, chopped
- 1 tsp black pepper, divided
- 1/2 tsp paprika
- 2 tbsp vinegar (apple cider, balsamic, white or red wine)
- 2 tbsp olive oil, divided
- 1 lemon, squeezed and zested
- Fresh basil, chopped

Directions

1. **Prep ingredients:** Preheat oven to 450°F and bring a pot of water to a boil. Chop onion, pepper, tomatoes and zucchini. Mince garlic.
2. **Once oven is preheated:** Add garlic, chopped onion, pepper, tomatoes and zucchini onto a baking sheet. Top veggies with 1 tbsp olive oil, ½ tsp black pepper and paprika. Roast for 20-25 minutes until charred and tender.
3. **Once water is boiling:** Add dried pasta and cook until al dente according to package directions. Drain and transfer to a large bowl.
4. **Once veggies are ready:** let cool for 1-2 minutes. Add to bowl with cooked pasta. Toss with remaining olive oil, vinegar, lemon juice and zest. Top with chopped basil.
5. Divide among 4 bowls and enjoy.

Grocery List

- Whole-grain pasta
- Grape tomatoes
- Garlic
- Red onion
- Bell pepper
- Zucchini
- Dried spices: Black pepper, paprika
- Vinegar
- Olive oil
- Lemon
- Fresh basil

Kitchen Equipment

- Cutting board
- Chef knife
- Measuring cups and spoons
- Pot
- Baking sheet
- Large bowl
- Spatula
- Colander
- Serving bowls

Per serving: Calories 216; Total Fat 10g; Saturated Fat 1g; Sodium 11mg;
Total Carbohydrates 29g; Fiber 7g; Protein 6g

Ingredient tips

- May substitute whole-grain pasta for gluten-free pasta
- Option to add low-fat cheese
- Option to add protein, such as beans, peas, lentils, tofu, chicken or shrimp
- May serve hot or cold. Keep refrigerated for up to 3-4 days.

Nutrition Information

- Roasting vegetables is a great way to enhance their flavor while retaining their heart-healthy fiber, vitamins and minerals.
- Adding healthy fats, like olive oil, to your vegetables is a great way for the body to absorb fat soluble vitamins and nutrients. Your body absorbs them better in the presence of fat.
- Whole-grain pasta is a healthier option compared to refined or enriched pasta. Refined or enriched pasta is made from milled grains that have the outer layers of the grain removed. This removes important nutrients, like fiber, B vitamins, essential fatty acids and vitamin E.
- It is important for your health to incorporate both vegetables and whole grains into your diet, daily. They provide essential vitamins, minerals and other nutrients, such as antioxidants and fiber. Aim to eat at least 5 servings of vegetables/day and 2-3 servings of whole grains/day.

Notes