

Italian Rainbow Rotini Casserole

Ingredients:

1. Rainbow pasta
2. Pasta sauce
3. Olive oil
4. Sea salt
5. Cracked black peppercorn
6. Mushroom
7. Zucchini
8. Summer squash
9. Green bell pepper
10. Carrots
11. Red onion
12. Garlic
13. Corn
14. Roma tomato
15. Basil (fresh)
16. Oregano
17. Mozzarella & Parmesan cheese (optional)
18. Meatballs Beef or Turkey (optional)



Instructions

1. Using a mandolin, slice zucchini, summer squash, carrots,
2. Slice tomatoes, mushrooms.
3. Sauté mushrooms (olive oil, sea salt, black pepper)
4. Chop red onion, bell peppers, basil and garlic.
5. Cut Corn off cob.
6. Combine all vegetables, sprinkle with salt and pepper, and toss to mix.
7. Spread vegetables and rainbow pasta in baking casserole dish mix with pasta sauce then top with mozzarella cheese and oregano.
8. Bake for 20 minutes. (bake meatballs separately)