

# 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](http://cookingmatters.org) recipes- pasta roasted vegetables

## 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.



Small Changes,  
BIG Difference!



## 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

# SHOPPING LIST

Average total cost : \$6.85

Average cost/serving: \$0.86

Recipe Makes: 12 Cups, 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to Cart  
Yellow Onion



Add 1 to Cart  
Summer Squash



Add 1 to Cart  
Mushrooms, 8oz



Add 1 to Cart  
Cauliflower



Add 1 to Cart  
Whole Wheat Pasta, 16oz

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### 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.