



Roasted Farmers Market Pasta

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Makes 3 servings

Serving Size: 120 g

Protein Per Serving: 2.3 g protein

Calories Per Serving: 309 calories

Ingredients:

- 68 g Sliced Bell Peppers
- 125 g Sliced Zucchini
- 50 g Slivered Onions
- 2 clove(s) Garlic, unpeeled
- 65 g Sliced Button Mushrooms
- 80 g Whole Cherry Tomatoes
- 3 TBSP Olive Oil, divided
- 2 TBSP Wine, White, optional
- 1 tsp Salt, Table
- 1/2 tsp Pepper, black

Fresh Herbs

- 1 tsp Rosemary, fresh, chopped
- 2 TBSP Chopped Basil
- 2 tsp Chopped Parsley
- 2 TBSP Balsamic Vinegar
- 124 g low protein Spaghetti, dry, cooked

Directions:

- 1) Preheat oven to 375 degrees Fahrenheit. Line a baking sheet with foil and set aside.
- 2) In a medium bowl combine the peppers, squash, onion, garlic cloves, mushrooms, and cherry tomatoes. Add 2 tablespoons of the olive oil and sherry wine, if using, to the vegetables. Toss to coat the vegetables evenly. Add salt and pepper to taste and toss again to mix. Remove the mushrooms and tomatoes and place in a small bowl and set aside. These will roast quicker than the rest of the vegetables, so we will add them later.
- 3) Place seasoned vegetables, except the mushrooms and tomatoes, in prepared baking sheet, making sure the garlic is placed in the center of the pan. Place in oven and roast for 10 minutes.
- 4) Remove pan from oven and add the mushrooms and tomatoes. Lightly mix the vegetables. Be careful not to burn yourself on the hot pan! Place pan back in oven and roast another 10 minutes.
- 5) Remove pan from oven and add the chopped rosemary, basil, and parsley. Lightly toss.
- 6) Once the garlic cloves are cool enough to handle, remove the skin of the cloves. The garlic should now be nice and soft. Chop the roasted garlic and gently toss with the other vegetables. You can now add the roasted vegetables to your pasta. Add a little more olive oil to the pasta and a splash of balsamic vinegar. Serve warm with nondairy cheese and low protein breadsticks.
- 7) If you want to make this a pasta salad, allow the vegetables to cool completely then refrigerate. Cook your pasta the day of serving and allow to cool. Add refrigerated veggies to your cooled pasta right before serving. You can also use the pasta salad dressing of your choosing.