



Stress Less

Roasted Vegetable Baked Pasta

Recipe

Serves 6-8

Ingredients

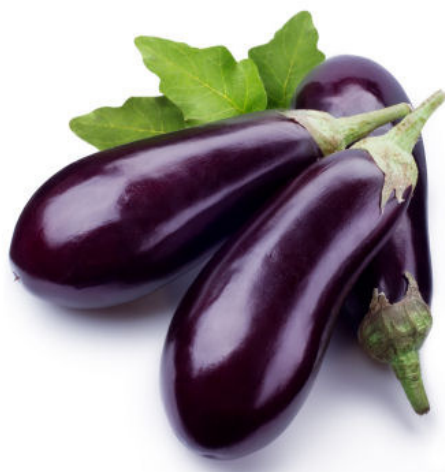
- ◆ 2 bell peppers, cored and cut into 1-inch wide strips
- ◆ 2 zucchini, diced
- ◆ 2 eggplant, diced
- ◆ 1 cup sliced mushrooms
- ◆ 1 onion, diced
- ◆ 3 tablespoons cup extra-virgin olive oil
- ◆ ½ cup frozen peas
- ◆ ¾ cup frozen spinach, squeezed dry
- ◆ Salt and pepper to taste
- ◆ 1 tablespoon dried Italian herbs
- ◆ 1 pound penne pasta, cooked according to package and drained
- ◆ 3 cups marinara sauce
- ◆ 1 ½ cup freshly grated mozzarella



Directions

1. Preheat the oven to 450 degrees.
2. On a large baking sheet combine the pepper, zucchini, eggplant, mushrooms, onion and oil. Roast vegetables for 15 minutes or until tender.
3. In a large baking dish combine the pasta, marinara, herbs, and vegetables. Mix well.
4. Top pasta with mozzarella and cover with foil.
5. Bake for 20 minutes, remove foil and bake for 5 minutes more or until cheese is brown.

Nutritional Information



225 grams ~ 1 cup
 % based on Daily Value
 *based on a 2,000 calorie diet

Nutrition

Serving Size: **405 grams**
 Calories **414**
 Calories from fat **122**
 Total Fat **13.6 grams (21%)**
 Cholesterol **55 mg (18%)**
 Sodium **530 mg (22%)**
 Total Carbohydrate **57.8 grams (19%)**
 Dietary Fiber **8.4 grams (34%)**
 Sugars **14.4 grams**
 Protein **16.6 grams**

Vitamins

Vitamin A: **42%**
 Vitamin C: **90%**
 Calcium: **21%**
 Iron: **20%**

Good Points

Very high in vitamin C