

Roasted Veggie Pasta

Ingredients:

- 2 large carrots, roughly chopped
- 5 Roma tomatoes, halved
- 1 zucchini, roughly chopped
- 1 large yellow onion, roughly chopped
- 1 whole head garlic, outside layers peeled
- 1 red bell pepper, halved
- 2-3 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried oregano
- salt & pepper
- 16oz dry spaghetti pasta (reserve 1 ½ cups pasta water)



Instructions:

1. Preheat oven to 450 degrees F.
2. Prepare veggies. Trim the top of the head of garlic. Peel away outside papery layers, but not individual garlic cloves.
3. Add all vegetables to a large bowl and cover with olive oil, garlic powder, basil, oregano, salt, and pepper. Mix to coat all veggies.
4. Add veggies to 2 large sheet pans. Try to space them out so they aren't touching.
5. Roast for 45 - 60 minutes, stirring halfway. Don't let veggies blacken too much.
6. Once veggies are done roasting, cook pasta noodles as directed on package. Reserve 1 ½ cups pasta water.
7. Add slightly cooled, roasted veggies to a food processor. Squeeze the roasted garlic cloves out of their skins. Begin blending and slowly pour in 1 cup pasta water. Blend to desired consistency, adding more pasta water if necessary.
8. Add the blended sauce to large pot set over low-medium heat. Taste and season as desired.
9. Add the drained, cooked pasta to the sauce and stir to combine. Add more water to achieve desired consistency.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.

Nutrition Facts

8 servings per container
Serving size 1/2 cup sauce +
2oz dry pasta,
cooked

Amount per serving
Calories 270

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 49g	18%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.5mg	15%
Potassium 350mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.