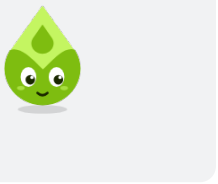
Dinner, Mediterranean

Garden Vegetable Baked Pasta

Tender pasta and skillet cooked vegetables are folded into a creamy ricotta blend with tomatoes and basil, then finished with melted mozzarella on top.

40 min	140	20 g	5 g
time	calories	carbs	sugars



Nut free

Ingredients, 12 servings

- [ ] 8 oz whole wheat penne pasta
- [ ] 2 tsp olive oil
- [ ] 1 cup chopped onion
- [ ] 2 cup sliced zucchini
- [ ] 1 cup red bell pepper (chopped)
- [ ] 1 cup fat-free ricotta cheese
- [ ] 1 large egg
- [ ] 1/4 cup shredded Parmesan cheese
- [ ] 1/8 tsp black pepper
- [ ] 1 (14.5 oz) can no-salt-added diced tomatoes
- [ ] 1/2 cup chopped fresh basil
- [ ] 1 spray, 0.25 gram nonstick cooking spray
- [ ] 2/3 cup shredded part-skim mozzarella cheese

Nutrition Facts

Per serving

Calories	**140**
Total fat	3.5 g
Saturated fat	1 g
Sodium	100 mg
Total carbs	20 g
Fiber	3 g
Total sugars	5 g
Protein	8 g

Method

- [ ] **1** Cook the whole wheat penne pasta following the package directions, leaving out any salt or fat, and heat the oven to 375°F.
- [ ] **2** Warm the olive oil in a large skillet over medium heat, add the chopped onion, and saute for 4 minutes.
- [ ] **3** Stir in the sliced zucchini and red bell pepper and continue sauteing for 5-7 minutes, until the vegetables are cooked through.
- [ ] **4** While the vegetables cook, whisk the fat-free ricotta cheese with the egg, shredded Parmesan cheese, and black pepper in a small bowl.
- [ ] **5** Add the no-salt-added diced tomatoes to the skillet with the cooked vegetables and heat everything through.
- [ ] **6** Stir the chopped fresh basil, the cooked pasta, and the ricotta mixture into the tomato and vegetable blend until well combined.
- [ ] **7** Coat a 9x13 inch baking dish with the nonstick cooking spray, pour the pasta mixture in, and scatter the shredded part-skim mozzarella cheese over the top.
- [ ] **8** Bake for 25 minutes and serve right away.

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