

## Pasta with Roasted Vegetables



From Pete: We love pasta with a variety of fresh vegetables, but I was looking to try something different and to add a little more flavor to the dish. I decided to use up what I had in the fridge and make a pasta primavera. Instead of sauteing the vegetables, I decided to coat them in a little olive oil and roast them. This method gave them a little crispiness and I did not have to use as much oil. I put the oven up to 425 adding some extra heat to char them a little bit. I also used some very nice whole wheat pasta that we had in the pantry. We enjoy the whole wheat as it has more of a bite to it. You can really use any vegetables that you have, below is a guideline.

### Ingredients

2-3 tablespoons olive oil  
½ lb of whole wheat pasta-prefer ziti, penne or rigatoni  
1 small zucchini sliced (about a cup)  
1 small summer squash sliced (about a cup)  
1 medium carrot sliced  
1 cup mushrooms sliced (cremini are very good for this)  
½ small head of broccoli cut into florets  
½ medium red onion sliced  
½ red pepper sliced  
½ pint cherry or grape tomatoes cut in half  
2 garlic cloves minced  
1-2 tablespoons lemon juice  
2 tablespoons balsamic vinegar  
Optional: pesto, handful baby spinach

- Heat oven to 425 and boil pot of salted water for pasta
- mix the vegetables, some salt and olive oil together in bowl and spread on a rimmed baking sheet. Roast for about 20 minutes. mix the veggies around, add the garlic and lemon and roast another 15 minutes until they are crisp and cooked through.
- During the second roasting step, add the pasta to the water and cook to your desired doneness, preferably al dente.
- drain the pasta, toss the veggies, some vinegar and little more oil and fresh ground pepper in the empty pot. You can add crushed red pepper if you like a little heat. I sometimes add a scoop of our pesto mixed with pasta water to the mix but that is optional. If you have some baby spinach in the fridge, add that at the end and let it wilt.

ENJOY!