

Common Sense COOKING

Roasted Vegetables and Whole Wheat Pasta

2 Tablespoons of extra virgin olive oil
Garlic
½ cup red pepper
½ cup green pepper
½ cup sliced onions
Dried basil
Oregano
Salt & pepper
1 cup cooked whole wheat pasta (2 oz. dry)

Put the vegetables and garlic in a roasting pan. Drizzle olive oil over the vegetables and toss to combine. Add any herbs. Season with salt and pepper. Roast at 400-425F oven for about 30-40 minutes or until slightly blackened. Stir the vegetables every 10-15 minutes. Toss with 1 cup of cooked whole wheat macaroni.

Total Calories - 460