

Pasta Bake

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, wooden spoon, cast iron skillet or oven saute pan.

Serves: 8

Ingredients:

- ½ large onion
- 1 bell pepper any color
- 1 medium zucchini
- 1 can of diced tomatoes
- 3 cloves of garlic
- 1 can of white beans
- 1 tsp Italian seasoning
- ½ cup of cheese (mozzarella, cheddar. . . your preference.)
- 4 cups cooked pasta (penne, farfalle etc.)
- Salt and Pepper to taste

Directions:

1. Preheat the oven to 400 degrees. While it is warming up, dice your onion, zucchini, pepper, & mince your garlic.
2. Add the onions, peppers and garlic to the skillet. Saute until the onions are translucent and beginning to caramelize. While they are cooking, rinse the beans and open your canned tomatoes.
3. Add the zucchini, and Italian seasoning. Cook for about 2-3 minutes. Use the juice from the diced tomatoes to deglaze the bottom of the pan. Scrape off the caremlization on the bottom of the skillet.
4. Add the tomatoes and mix until everything is evenly combined and juices are bubbling. Add the pasta in until evenly distributed and season with salt and pepper.

Note: If you like a really sauce heavy pasta, this may be where you add some marinara as well as the diced tomatoes, this step will depend on how you like to eat your pasta.
5. Top with cheese and herbs and bake approximately 15-20 minutes or until the sauce is bubbling and the cheese is golden on top.



6. Remove skillet from oven and let rest for 5 minutes, enjoy!

Nutrition Information (per 1/8th recipe): Does not include taco shells, chips or rice, however you choose to serve it.

Calories: 200 Fat: 3.1 g Carbs: 28 g Protein: 9.3 g Fiber: 6.3 g Sodium: 143.6 mg

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