



Baked Pasta with Vegetables

Yield: 6 servings

Serving size: 1 ½ cups

Ingredients:

2 cups dry pasta (elbow macaroni)

2 cups low-sodium spaghetti sauce

12-ounce bag frozen yellow squash and/or zucchini

12-ounce bag frozen peppers and onion blend

1 cup shredded, reduced-fat cheese

Directions:

Preheat oven to 375°F. Boil pasta until fully cooked. Drain. In a large bowl, mix cooked pasta, spaghetti sauce, and vegetables. Pour into 9x13 baking dish. Top with shredded cheese. Bake 45 minutes or until sauce is bubbling.

*Tip: if using fresh vegetables, blanch them by boiling for 3-5 minutes before adding to recipe. *

Nutrition Information per Serving:

Calories 249, Fat 5g, Protein 11g, Carbohydrate 41g, Fiber 5g, Sodium 237mg