

Whole-Wheat Pasta Salad with Roasted Vegetables

This is a delicious and colorful recipe to use with the plentiful produce we see in the summer and an excellent pairing with whole wheat pasta. Feel free to use any vegetable you have on hand and make sure the vegetables roast in a single layer to maximize browning.

Serves: 6

Serving Size: 1 ¼ cup

INGREDIENTS

2 cups dry whole-wheat pasta, any shape
1 small eggplant, chopped
1 medium zucchini or yellow squash, chopped
1 chopped leek or 1 medium onion, chopped
2 medium bell peppers (any color), chopped
3 Tbsp. vegetable or olive oil
¼ tsp. salt
½ tsp. dried Italian seasoning (optional)
¼ cup Italian salad dressing or similar

PREPARATION

1. Pre-heat oven to 400 F.
2. Rinse vegetables and chop coarsely (to prep leeks, slice lengthwise. Discard dark green parts. Chop white, yellow and light green parts and rinse in colander to remove sand in between layers).
3. Place vegetables in large bowl. Add 3 Tbsp. oil, ¼ tsp. salt and ¼ tsp. Italian seasoning. Mix well. Arrange chopped vegetables in a roasting pan in a single layer.
4. Place vegetables in oven and roast for 15 minutes. Toss vegetables and return to oven for another 10-15 minutes until vegetables are soft and only oil remains. Vegetables should be slightly browned.
5. In a large pot of boiling water, add pasta and cook to desired tenderness. Drain and set aside.
6. Mix pasta and roasted vegetables together. Add salad dressing. Mix well.
7. Refrigerate for several hours or overnight to meld flavors. Serve cold. Use within 5 days.