



Baked Penne with Roasted Vegetables

READY IN



65 min.

SERVINGS



6

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 4 cremini mushrooms halved
- ☐ 1 cup fontina grated
- ☐ 1 tablespoon herbs de provence dried italian
- ☐ 3 cups tomatoes homemade store bought (or)
- ☐ 0.5 cup mozzarella cheese smoked grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan grated for topping

- ☐ 1.5 cups peas frozen thawed
- ☐ 1 pound penne pasta
- ☐ 2 pasilla peppers red cored cut into 1-inch wide strips
- ☐ 1 teaspoon salt divided
- ☐ 2 summer squash quartered cut into 1-inch cubes
- ☐ 1 onion yellow peeled sliced into 1-inch strips
- ☐ 2 zucchini quartered cut into 1-inch cubes

Equipment

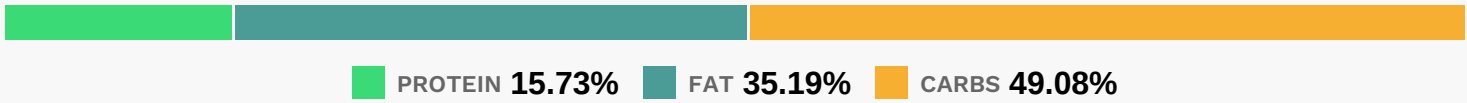
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ On a baking sheet, toss the peppers, zucchini, squash, mushrooms, and onions with olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and dried herbs. Roast until tender, about 15 minutes.
- ☐ Meanwhile, bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook for about 6 minutes. Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard.
- ☐ Drain in a colander.
- ☐ In a large bowl, toss the drained pasta with the roasted vegetables, marinara sauce, cheeses, peas, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Using a wooden spoon, gently mix, until all the pasta is coated with the sauce and the ingredients are combined.

- ☐
- Pour the pasta into a greased 9 by 13-inch pan. Top with the remaining 1/3 cup Parmesan and butter pieces.
- ☐
- Bake until top is golden and cheese melts, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:66.72, Glycemic Load:27.97, Inflammation Score:-10, Nutrition Score:34.36608709978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 626.98kcal (31.35%), Fat: 24.98g (38.43%), Saturated Fat: 10.2g (63.75%), Carbohydrates: 78.39g (26.13%), Net Carbohydrates: 69.14g (25.14%), Sugar: 14.66g (16.29%), Cholesterol: 45.76mg (15.25%), Sodium: 1316.12mg (57.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.25%), Vitamin C: 98.34mg (119.2%), Selenium: 58.83µg (84.05%), Manganese: 1.39mg (69.63%), Vitamin A: 2751.67IU (55.03%), Phosphorus: 437.45mg (43.75%), Fiber: 9.25g (37%), Vitamin K: 37.86µg (36.06%), Vitamin B6: 0.72mg (36%), Potassium: 1168.9mg (33.4%), Vitamin B2: 0.52mg (30.65%), Calcium: 304.73mg (30.47%), Copper: 0.59mg (29.5%), Vitamin E: 4.23mg (28.18%), Folate: 112.17µg (28.04%), Magnesium: 109.98mg (27.5%), Iron: 4.46mg (24.78%), Zinc: 3.67mg (24.45%), Vitamin B3: 4.88mg (24.39%), Vitamin B1: 0.31mg (20.68%), Vitamin B5: 1.46mg (14.61%), Vitamin B12: 0.65µg (10.89%), Vitamin D: 0.2µg (1.36%)