



Roasted-Vegetable and Feta Ziti

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



1063 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 4 servings pepper black freshly ground
- 1 teaspoon mint leaves dried
- 1 pounds eggplants halved lengthwise
- 1.5 cups feta cheese crumbled
- 4 large garlic cloves minced
- 1.5 teaspoons kosher salt
- 0.5 cup olive oil

- 1 large onion peeled quartered
- 1 teaspoon oregano dried
- 4 servings parmesan freshly grated
- 4 servings cheesy vegetable pasta
- 3 large tomatoes chopped
- 16 ounce ziti
- 2 pounds zucchini halved lengthwise

Equipment

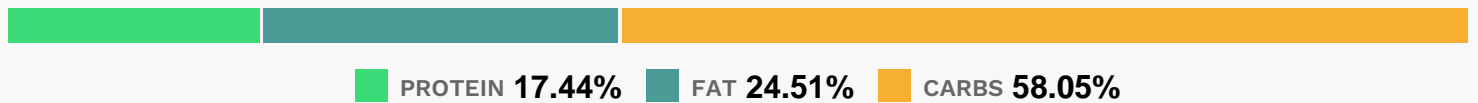
- bowl
- whisk
- pot
- baking pan
- aluminum foil
- broiler
- stove
- colander
- cutting board

Directions

- Heat the broiler. In a small bowl, whisk together 2 tablespoons of the oil with the vinegar, 1 teaspoon of the salt, and a few grinds of pepper and brush the mixture on the cut sides of the zucchini, eggplants, and onion. Arrange them cut-side up on a large, shallow baking pan. Broil the vegetables 6 inches from the heat for 8 to 10 minutes on each side, until browned and fork-tender.
- Transfer to a cutting board.
- Cut the zucchini crosswise into thin slices.
- Cut the eggplant into 1-inch pieces. Chop the onion coarsely. BR] Meanwhile, in a large pot, cook the pasta according to the package directions.

- Drain in a colander. (Do not rinse.) Return the pot to the stove, add the garlic and the remaining oil, and cook over low heat until the garlic sizzles. Stir in the oregano and mint.
- Add the cooked pasta, broiled vegetables, chopped tomatoes, and Feta. Set aside half the pasta for Cheesy Vegetable Pasta, which is prepared before freezing. (See link to recipe, above.) Season the rest of the pasta with the remaining 1/2 teaspoon salt and a few more grinds of pepper. Warm over low heat.
- Serve with the Parmesan. To Freeze: Roasted-Vegetable and Feta Ziti does not freeze well as is. For best results, transform it into Cheesy Vegetable Pasta (see link to recipe, above). After preparation, cover with foil and freeze. It will keep frozen for 3 months.

Nutrition Facts



Properties

Glycemic Index:91.25, Glycemic Load:56.54, Inflammation Score:-10, Nutrition Score:46.155652502309%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg

Nutrients (% of daily need)

Calories: 1062.78kcal (53.14%), Fat: 29.09g (44.75%), Saturated Fat: 13.92g (86.97%), Carbohydrates: 155g (51.67%), Net Carbohydrates: 141.3g (51.38%), Sugar: 20.86g (23.18%), Cholesterol: 70.46mg (23.49%), Sodium: 2035.84mg (88.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.58g (93.16%), Selenium: 123.68µg (176.69%), Manganese: 2.56mg (127.93%), Phosphorus: 882.31mg (88.23%), Vitamin C: 65.51mg (79.41%), Calcium: 755.33mg (75.53%), Vitamin B6: 1.17mg (58.57%), Vitamin B2: 0.98mg (57.36%), Fiber: 13.7g (54.82%), Potassium: 1701.37mg (48.61%), Magnesium: 193.14mg (48.28%), Vitamin A: 2111.69IU (42.23%), Copper: 0.84mg (42.13%), Zinc: 6.1mg (40.65%), Folate: 159.52µg (39.88%), Vitamin B1: 0.47mg (31.48%), Vitamin K: 32.92µg (31.35%), Vitamin B3: 6.19mg (30.93%), Iron: 4.81mg (26.72%), Vitamin B5: 2.38mg (23.84%), Vitamin B12: 1.31µg (21.84%), Vitamin E: 2.58mg (17.22%), Vitamin D: 0.38µg (2.5%)