



Weeknight Pasta with Zucchini, Eggplant, and Peppers

READY IN



30 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound fusilli pasta
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 carrots peeled cut into 2x1/2-inch strips
- ☐ 0.5 onion red sliced into 1/4-inch slices
- ☐ 1 medium zucchini sliced into 1/ slices quartered
- ☐ 0.5 small eggplant sliced into 1/4-inch by 1-inch slices
- ☐ 0.5 bell pepper cut into thin strips
- ☐ 4 servings salt

- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup tomato sauce prepared (or spaghetti or marinara sauce)
- ☐ 1 teaspoon penzeys southwest seasoning dried italian (thyme, oregano, basil)
- ☐ 0.1 teaspoon pepper black
- ☐ 1 pint cherry tomatoes halved
- ☐ 6 basil leaves thinly sliced
- ☐ 4 servings parmesan optional grated for vegan version (omit)

Equipment

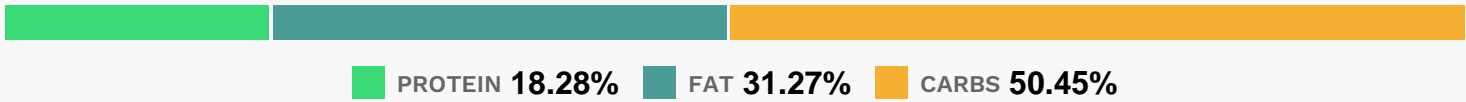
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook the pasta in boiling salted water: Bring a large pot of salted water to a boil (1 Tbsp salt for 2 quarts of water). While the water is heating, prep the vegetables.
- ☐ Once the water is boiling, add the pasta to the water. The pasta should take about 10 minutes to cook (check the package). Cook uncovered at a vigorous boil.
- ☐ You'll cook the vegetables while the pasta is cooking so they get done about the same time.
- ☐ Heat 2 Tbsp of the olive oil in a large skillet on medium high heat.
- ☐ Add the carrots and onions. Cook for about 5 minutes, until the onions begin to soften.
- ☐ Add zucchini, eggplant, bell pepper, garlic:
- ☐ Add the zucchini, eggplant, and bell pepper to the pan with the onions and carrots. Cook for another 3 to 4 minutes on medium high to high heat, until the vegetables are just barely cooked through.
- ☐ Sprinkle with vegetables with a little salt while cooking.
- ☐ Add the garlic and cook another 30 seconds. Turn off the heat, but let pan stay on the burner.
- ☐ Add thinned tomato sauce into vegetables, add seasoning: Thin 1/2 cup of tomato sauce (or spaghetti or marinara sauce) with 1/2 cup of the pasta water in a small bowl.

- ☐ Stir the sauce into the vegetables. Stir in the Italian seasoning and pepper. (If you are using prepared spaghetti or marinara sauce that is already well seasoned, you may not need as much additional seasoning, perhaps only 1/2 teaspoon of the Italian seasoning.)
- ☐ Add salt to taste.
- ☐ Add cooked pasta, stir in cherry tomatoes, basil, Parmesan: Once the pasta is ready—cooked but still a bit firm, or al dente—drain the pasta and put it directly into the skillet with the vegetables. Adjust seasoning.
- ☐ Add more sauce if needed.
- ☐ Gently mix in the cherry tomatoes and thinly sliced basil.
- ☐ Serve with some freshly grated Parmesan, if you like.

Nutrition Facts



Properties

Glycemic Index:100.46, Glycemic Load:19.5, Inflammation Score:-10, Nutrition Score:26.641739264778%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 459.48kcal (22.97%), Fat: 16.21g (24.94%), Saturated Fat: 6.17g (38.54%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 52.32g (19.02%), Sugar: 11g (12.22%), Cholesterol: 20.4mg (6.8%), Sodium: 853.13mg (37.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.64%), Vitamin A: 4110.77IU (82.22%), Vitamin C: 60.46mg (73.28%), Selenium: 43.86µg (62.66%), Manganese: 1.01mg (50.58%), Calcium: 417.51mg (41.75%), Phosphorus: 404.63mg (40.46%), Fiber: 6.54g (26.14%), Potassium: 874.15mg (24.98%), Vitamin B6: 0.46mg (22.79%), Magnesium: 82.35mg (20.59%), Vitamin K: 21.57µg (20.54%), Copper: 0.39mg (19.66%), Vitamin E: 2.91mg (19.37%), Folate: 68.77µg (17.19%), Vitamin B2: 0.28mg (16.24%), Iron: 2.8mg (15.53%), Zinc: 2.23mg (14.88%), Vitamin B3: 2.92mg (14.58%), Vitamin B1: 0.18mg (12.27%), Vitamin B5: 1.01mg (10.05%), Vitamin B12: 0.36µg (6%)