

Pasta Vegetable Bake

You will need:

- 2 cups bowtie pasta, uncooked
- 1 green pepper chopped
- 1 red pepper chopped
- 1 sweet onion chopped
- 15 oz. can-diced tomatoes, do not drain
- 1 Yellow summer squash, rinse and slice
- 1 Zucchini, rinse and cut into coin slices
- ½ cup shredded carrots
- 1 24 oz. jar of red pasta sauce
- 1 cup shredded cheese (Italian blend or parmesan)

Step by step:

1. Cook pasta as directed on package.
2. Drain pasta and set aside.
3. Heat skillet to med-high or 350°.
4. Add peppers, onions, stir fry until crisp tender.
5. Add tomatoes, squash, zucchini, and carrots.
6. Add pasta sauce. Simmer 5 minutes.
7. Stir in pasta. Cover until ready to serve
8. Top with cheese before serving.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.