



Whole Wheat Pasta with Roasted Vegetables

This vegetable-rich dish combined with whole-wheat pasta is one example of how Italian cuisine is hearty and nutritious at the same time. It's also perfect for vegetarians.



Prep Time: 45 minutes

Cook Time: 12 minutes

Serves: 6 entrée portions

Ingredients:	
1 lb. Whole Wheat Penne	\$1.20
1 large (1 ½lb) eggplant, 1/4 inch dice	\$1.22
1 yellow bell pepper, cored, seeded, and diced medium	\$1.10
1 zucchini, diced medium	\$0.38
1 medium, red onion diced	\$0.31
2 stalks of celery, finely chopped	\$0.14
2 Tbsp. olive oil	\$0.20
2 Tbsp. kosher salt	\$0.02
½ tsp. ground black pepper	\$0.04
2 Tbsp. unsalted butter	\$0.13
1 Tbsp. fresh Rosemary, chopped	\$0.24
2 Tbsp. fresh chives, chopped	\$0.48
3 Tbsp. Parmesan- Reggiano, freshly grated	\$0.48
Total:	\$5.94

ESTIMATED FOOD COST FOR 6:	\$0.99/serving
Chalk Board Menu Price:	\$6.95
Gross Profit Per Plate:	\$5.96
Food Cost % (for 6)	14.2%

Estimated Profit - Your prices may vary slightly.

Directions:

1. Preheat oven to 300°.
2. Cook pasta according to package directions. Drain, reserving 1 cup of pasta water.
3. Place all cut vegetables and olive oil in a bowl, season with 1 tsp. of salt and ½ tsp. pepper and toss well. Place the seasoned vegetables on a sheet pan in a single layer. Cook in oven until golden brown; flip once to brown evenly.
4. Melt butter in a large skillet over medium heat, add the vegetables and cook for 2 minutes. Stir chives and Rosemary into the mixture. Reduce heat and cook slowly until the vegetables start to soften and fall apart (about 2 minutes).
5. Add pasta water to the skillet and stir. Add hot pasta to hot skillet. Stir to coat evenly and season with 1 tsp. salt and 1 tsp ground black pepper.
6. Sprinkle with the cheese and serve immediately.