***NR#134 Whole Wheat Penne Pasta w/ Roasted Vegetables-The Mediterranean Diet for Beginners: the Complete Guide***

***Serving Size: 1/2c WW pasta and 1/2c Sauce***

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| **Ingredients** | **25 serving** | **50 servings** | **100 servings** |
| Butternut Squash, peeled and diced | 8 1/3c | 16 2/3c | 33 1/3c |
| Zucchini, diced | 8 1/3c | 16 2/3c | 33 1/3c |
| Yellow onion, diced | 2 1/8c | 4 1/8c | 8 1/3c |
| Olive Oil | 4 1/8 TBSP | 1/2c | 1c |
| Table Salt | 1 1/8 tsp | 2 1/8 tsp | 4 1/8 tsp |
| Ground Black pepper | 2 1/8 tsp | 4 1/8 tsp | 8 1/3tsp |
| Paprika | 4 1/8 tsp | 8 1/3 tsp | 5 ½ TBSP |
| Garlic Powder | 2 1/8 tsp | 4 1/8 tsp | 8 1/3c |
| Whole Grain Penne Pasta, uncooked | 4 1/8 lbs | 8 1/3 lbs | 16 2/3 lbs |
| Low Sodium Vegetable Broth | 2 1/8c | 4 1/8c | 8 1/3c |
| Parmesan Cheese | 8 1/3 TBSP | 1c | 2c |

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Instructions:

1. Preheat the oven to 400F. Line a baking sheet with parchment paper or aluminum foil.
2. In a large bowl, toss the vegetables with olive oil, then spread them out on a baking sheet. Sprinkle the vegetables with salt, pepper, paprika, and garlic powder and bake until fork tender, 25-30 minutes.
3. Meanwhile, bring a large stockpot of water to a boil over high heat and cook penne according to the package instructions, until al dente (still slightly firm). Drain but do not rinse.
4. Place ½ cup of the roasted vegetables and the vegetable broth in a blender or food processor and blend until smooth.
5. Place the puree in a large skillet and heat over medium high heat. Add the pasta and cook, stirring, just until heated through.
6. Serve the pasta and sauce toped with the roasted vegetables.
7. Sprinkle with parmesan cheese.

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***