



Winter Pasta Primavera

Recipe By JOE LASHER, SR.

SERVES: 4

INGREDIENTS:

- | | |
|---|---|
| <input type="checkbox"/> 1 (1 lb.) box pasta, your choice | <input type="checkbox"/> 1 tsp. red crushed pepper |
| <input type="checkbox"/> 1 butternut squash, peeled and cubed | <input type="checkbox"/> 1 tsp. garlic powder |
| <input type="checkbox"/> 3 carrots, peeled and chopped | <input type="checkbox"/> 1 tsp. salt |
| <input type="checkbox"/> ½ head of red cabbage, chopped | <input type="checkbox"/> 1 tsp. black pepper |
| <input type="checkbox"/> 2 heads broccoli, chopped | <input type="checkbox"/> 1 tbsp. fresh lemon juice |
| <input type="checkbox"/> 3 tbsp. olive oil | <input type="checkbox"/> 4 tbsp. nutritional yeast |
| | <input type="checkbox"/> 1 tbsp. fresh parsley, chopped for garnish |

DIRECTIONS:

- ☐ 1. Preheat oven to 400°F.
- ☐ 2. Place vegetables on a baking sheet and toss with olive oil, red pepper, black pepper, salt, and garlic powder. Spread into one layer.
- ☐ 3. Roast the vegetables for 30-40 minutes, turning half way through.
- ☐ 4. While vegetables are cooking, cook pasta according to package.
- ☐ 5. Mix roasted vegetables with pasta, lemon juice, nutritional yeast, and parsley; serve!

Did you make this recipe?

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