

Tomato & Basil Pasta Bake

4 servings



What you need:

- 2 cups uncooked wheat-blend rotini pasta (such as Healthy Harvest)
- 2 cups tomato and basil spaghetti sauce (I like Barilla Brand)
- 2 cups thawed-frozen broccoli, carrot and cauliflower mix
- 2 tsp crushed red pepper flakes OR Mrs. Dash extra spicy seasoning
- 1 cup shredded part-skim mozzarella cheese

All you do:

1. Preheat oven to 375°F.
2. Cook pasta according to package directions; drain well.
3. In a medium bowl, combine cooked pasta, spaghetti sauce, thawed vegetables, and seasoning.
4. Spray an 8 x 8 baking pan with cooking spray (like Pam); add pasta mixture and sprinkle cheese on top.
5. Bake uncovered for 15-20 minutes.

Nutrition facts per serving: 350 calories, 8g total fat, 3.5g saturated fat, 20mg cholesterol, 620mg sodium, 53g carbohydrate, 8g dietary fiber, 16g protein.