

Hidden Veggie Pasta



6 servings



50 minutes

Recipe and photo by Carleigh Bodrug

INGREDIENTS

- *4 vine ripe tomatoes, sliced in half
- *1 zucchini, roughly chopped
- *2 carrots, roughly chopped
- *1 head garlic, top sliced off
- *1 red bell pepper roughly chopped
- 1 1/2 tsp sea salt
- 1 tsp black pepper
- 1 tsp dried basil
- *1/2 greek yogurt or milk

DIRECTIONS

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. Add all of the vegetables to the sheet pan, along with the salt, black pepper, and dried basil. You can add a drizzle of olive oil at this point if desired.
3. Place in the oven for 40 minutes, until the vegetables are roasted.
4. Once safe to handle, add all of the vegetables to a blender, squeezing out the garlic cloves and discarding of the skin. Blend until a sauce is formed. At this point, blend in the yogurt or milk, if desired. Taste and adjust salt as needed.
5. Use on your favorite pasta shape and enjoy!