

Tracie's Pasta Prima Vera

POINTS® Value: 5

Servings: 8

Ingredients

- 1 small can tomato Sauce (about 8 ounces)
- 1 regular can Diced Tomatoes (about 10 ounces)
- 2 tsp olive oil
- 1 Tbsp onion powder
- 1 Tbsp Italian seasoning
- 2 tsp garlic powder
- 1 tsp kosher salt
- 1 box (7 serving size) Ronzini Whole Wheat Rotini
- 1 cup broccoli
- 1 large carrot(s), peeled and slivered with veggie peeler.
- 1/2 bell pepper(s), steamed
- 4 cup zucchini, sliced, cut into chunks
- 18-oz bag 2% Shredded Mozzarella Cheese
- 2 Tbsp Parmesan cheese

Instructions

Preheat oven to 400 degrees.

Prepare vegetables by slicing, chopping and slightly steaming. (SUGGESTION: I use the new Ziplock steamer bags and steam them for a minute shy of what it says on the bag. It finishes cooking in the sauce.) In a large saucepan, combine tomato sauce, diced tomatoes, olive oil, onion powder, Italian seasoning, garlic powder and kosher salt. Cook over low heat stirring occasionally while you prepare the rest of the meal. Boil pasta in large pasta pot with salted water. When pasta is almost finished, remove ½ cup of cooking water and add to pasta sauce. (trust me, it's may seem runny, but it won't be!). Drain pasta and return to pasta pot. Add sauce and vegetables to pasta, stir to combine. Transfer to a 9x13 glass baking dish. Top with mozzarella & parmesan cheese. Bake at 400 until cheese is melted and brown.

(You can use any veggies you like – I used frozen broccoli and didn't steam it first. I just let it cook in the pasta sauce.)

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