



Roasted Veggie Pasta

4 servings

25 minutes

Ingredients

- 1 Eggplant (large, diced into half-inch pieces)
- 1 Zucchini (medium, chopped)
- 2 cups Cherry Tomatoes
- 2 Carrot (medium, sliced)
- 1/2 cup Red Onion (large, sliced)
- 3 Garlic (cloves, minced)
- 2 1/2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt (to taste)
- 283 grams Chickpea Pasta (dry)
- 2 tbsps Balsamic Vinegar (to taste)

Nutrition

Amount per serving	
Calories	324
Fat	5g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	60g
Fiber	17g
Sugar	18g
Protein	21g

Directions

- 1 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
- 2 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
- 3 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
- 4 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add your choice of additional herbs and spices, or use a dressing of your choice instead of balsamic vinegar.

Additional Toppings: Add spinach, marinated tofu, chicken, turkey, tuna, avocado, or sunflower seeds.