

Recipe Name **Roasted Ratatouille Pasta**

Ingredients:

- 2 pints cherry or grape tomatoes
- 1 medium or 2 small eggplants, ½" dice
- 2 medium zucchinis, one yellow and one green, 1/2" dice
- 1 red pepper, ½" dice
- 1 medium yellow onion, ½" dice
- 6 Tbsp. olive oil, divided
- 2 Tbsp. balsamic vinegar
- 8 cloves garlic, pressed or micro-planed
- 1 tsp. kosher salt, divided
- Freshly ground pepper
- Red pepper flakes
- ½ lb. of GF pasta of choice (substitute zucchini/butternut squash/sweet potato veggie noodles)
- [Vegan Parmesan](#)
- 2 Tbsp. fresh chopped basil
- Optional fresh oregano and thyme

Directions

1. Preheat oven to 400 degrees.
2. Prep vegetables and place into 2- rimmed sheet pans. Tomatoes can be in a small one and eggplant, zucchini, pepper and onion in a large pan. Ensure that there is minimal overlapping.
3. In a small bowl, whisk together ¼ cup olive oil, the balsamic vinegar, ¾ of the garlic, ½ tsp. of the salt, a pinch of red pepper flakes and a few generous twists of freshly ground black pepper. Drizzle over the mixed vegetables, tossing gently with your hands. Spreading back out into a single layer.
4. Toss tomatoes with olive oil, ¼ of the garlic, salt and pepper.
5. Roast both pans of vegetables for 20 minutes with the tomatoes on the lower rack.
6. Meanwhile, bring a large pot of salted water to a boil and cook pasta according to package directions until al dente. When done, remove pasta to a serving bowl, reserving a cup of the cooking water.



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7. After 20 minutes of cooking, check your vegetables. If the tomatoes are bursting and juicy, remove them from the oven. Toss the other vegetables and return to the oven for an additional 10 minutes until they are soft and golden brown.
 8. Pour the tomatoes and their liquid over the pasta in the serving bowl. Add a generous handful of Parmesan. Add pasta water a little bit at a time until the pasta is coated with a light cheesy tomato sauce.
 9. Add the cooked vegetables to the bowl and toss to combine. Sprinkle with chopped fresh herbs and season with additional salt/pepper and red pepper to taste. Serve with extra Parmesan on the side.
- If you would like to add a protein to this, I recommend organic ground turkey or grass fed ground beef. While boiling pasta, brown meat in hot, lightly oiled pan with fresh or powdered onion and garlic, until no pink color is seen. Add to vegetables and toss into pasta.