

# WHOLE GRAIN PASTA WITH ROASTED SWEET POTATO, ROASTED BROCCOLI AND BEANS\*

*Yield: 4 to 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Barilla Pasta, whole wheat twists, 1 lb. package	½ ea.
Black beans, canned, rinsed, drained	6 oz.
Sweet potato, medium, diced	2 ea.
Broccoli head, large, cut into florets	1 ea.
Olive oil	¼-½ cup
Salt	as needed
Black pepper, ground	as needed
Oregano, chopped	as needed
Red pepper flakes	as needed
Feta, crumbled (optional)	½ cup

## **Method**

1. Boil the pasta and drain.
2. Preheat oven to 400°F; on a cookie sheet toss sweet potatoes and broccoli with olive oil and roast on separate baking sheets until fork tender, approximately 20 to 30 minutes.
3. Mix cooked pasta, roasted sweet potatoes and broccoli with all the other ingredients. Toss with olive oil and season to taste.
4. Top with crumbled feta (if using).

**Variation:** Substitute your favorite roasted vegetables or beans. Use what is in season, on sale or at your local farmer's market.

## **Nutrition Information (per portion/serving)**

Calories: 450/Protein: 14 g/Carbohydrate: 58 g/Fiber: 9 g/**Carbohydrate to Fiber ratio: 6.5**

Saturated fat: 3.5 g/Polyunsaturated fat: 1.5 g/Monounsaturated fat: 10.5 g

Trans fat: 0 g/Sodium: 360 mg / Potassium: 600 mg / Added sugar: 0 g

*\*This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for an entrée.*

Source: Auden McClure, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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