

- RECIPES -

From the *Australian Healthy Cooking Guide*
www.milhamdietitians.com

Roast Vegetable Pasta

Serves 6

INGREDIENTS

500g cherry tomatoes, halved
250g pumpkin, diced
250g mushrooms, diced
2/3 cup balsamic vinegar
2 tablespoons brown sugar
200g dry fettuccine or 400g fresh fettuccine
200g baby spinach leaves or
200g frozen spinach, thawed
2 tablespoons basil pesto
120g low-fat feta cheese, crumbled
40g shaved parmesan cheese

DIRECTIONS

1. Preheat oven to 200°C. Place tomatoes, pumpkin and mushrooms in pan.
2. Put vinegar and sugar in a bowl, mix to dissolve the sugar, pour over vegetables.
3. Roast for 25–30 minutes or until vegetables are soft, stir the vegetables a couple of times during cooking.
4. Meanwhile, cook pasta in a large saucepan of boiling, salted water, until al dente. Drain and return the pasta to pan.
5. Add spinach, pesto and feta and toss gently over low heat until just combined.
6. Divide pasta between bowls, spoon over the roast vegetables and any juice.
7. Top with parmesan and serve.

PER SERVE

KJ (cal) 1187 (283)
Fat 8.5g
Saturated Fat 4.0g
Carbohydrate 32g
Protein 15.6g
Sodium 400mg
Fibre 5.0g

chooz to looz Program

1 serve = 2 bread exchanges,
1 meat exchange, 1 milk exchange
and 1 fat exchange



The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store www.milhamdietitians.com and all good bookshops Australia wide

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