

Pasta Bake

Ingredients

- 1 cup rotini pasta
- 2 cups spaghetti sauce
- 2 cups frozen broccoli, carrot and cauliflower mix, thawed
- 2 teaspoon crushed red pepper flakes
- 1 cup shredded mozzarella cheese

Directions

1. Preheat oven to 375°F.
2. Cook pasta according to package directions; drain well.
3. In a medium bowl, combine cooked pasta, spaghetti sauce, thawed vegetables, and seasoning.
4. Spray an 8 x 8 baking pan with cooking spray; add pasta mixture and sprinkle cheese on top.
5. Bake uncovered for 15-20 minutes, until bubbly and cheese is melted.



Makes 4 servings

*Nutrition information per serving
(2 tablespoons):*

350 calories, 8g total fat, 3.5g saturated fat, 20mg cholesterol, 620mg sodium, 53g carbohydrate, 8g dietary fiber, 16g protein.