



Lentil Penne with Portobello, Spinach, and Roasted Vegetables

Portions 1 – 12 1/4oz

Ingredients

Canola Oil	1 ½ tsp.
Fresh garlic, minced	2 tsp.
Roasted mixture of ½ inch diced Portobello, green beans,	½ cup
Red onions, zucchini, yellow squash, red pepper, Lightly oiled and season to taste with salt and pepper.	
Lentil Penne (cooked)	1 cup
Fresh Baby Spinach	¼ cup
Pizza Sauce	½ cup
Fresh basil, Chiffonade	3 tsp.
Fresh Oregano, Chopped	½ tsp.

Preparation

Prepare roasted vegetable mixture. Roast at 400 degrees for 7 minutes, or until lightly golden.

Cook penne ahead of time.

Heat 1 ½ tsp. oil in sauté pan over medium heat.

Add 2 tsp. garlic, and sauté for 30 seconds or until fragrant.

Add ½ cup roasted vegetables, 1 cup pasta, 1oz baby spinach, ½ cup sauce, 1 Tbsp. basil and 1/2 tsp. oregano.

Toss until evenly coated. Sauté for 1 to 2 minutes or until heat through. CCP – Minimum internal temperature should be at least 165 degrees F. (for 15 seconds). Serve immediately.