



RECIPES

Spicy Roasted Ratatouille with Spaghetti

INGREDIENTS:

2 pints cherry or grape tomatoes
1 medium eggplant, diced
1 medium zucchini, diced
1 medium yellow squash, diced
1 medium red pepper, diced
1 medium yellow onion, diced
6 tablespoons olive oil, divided
2 tablespoons balsamic vinegar
6 cloves garlic, pressed or minced
½ teaspoon salt
Freshly ground pepper
Red pepper flakes
½ lb (8oz) whole wheat spaghetti
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano (or 1 tsp dried)
1 teaspoon fresh thyme (optional)
Parmesan cheese, optional

INSTRUCTIONS:

1. Preheat oven to 425°F. Toss the whole baby tomatoes with 2 tablespoons olive oil and a sprinkle of salt and pepper. Set aside.
2. In a large mixing bowl, combine eggplant, zucchini, yellow squash, bell pepper, and onion. Whisk together ¼ cup olive oil, balsamic vinegar, garlic, salt, and several twists of black pepper and a pinch of red pepper flakes. Drizzle over the vegetables and toss until vegetables are evenly coated. Arrange vegetables in single layer on baking sheet.
3. Place tomatoes on lower rack and vegetables on upper rack and roast for 20 minutes.
4. Meanwhile, bring large pot of salted water to boil. Cook pasta until al dente, according to package directions. Before draining, reserve 1 cup pasta cooking water. Transfer spaghetti to serving bowl.
5. After 20 minutes, remove both pans from oven. Tomatoes should be bursting and juicy by now, in which case, they're done cooking. Use spatula to toss vegetables and but back in the oven from 10 minutes or so, until cooked through and golden.
6. Pour cherry tomatoes and juices over spaghetti. Add a handful of parmesan cheese and some pasta water and toss until pasta is coated with light tomato sauce.
7. Add cooked vegetables to the bowl and toss to combine. Sprinkle with chopped herbs and season with additional salt, pepper, and red pepper flakes to taste and enjoy!

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