

Cheesy Vegetable Pasta Casserole

Makes: 5 servings

Preheat oven to 350° (180°C)

Lightly grease an 8 inch (20 cm) square glass baking dish

Ingredients:

| | | |
|--------|-----------------------------------|---------|
| 500 ml | whole wheat rotini or penne pasta | 2 cups |
| 37 ml | canola oil, divided | 2½ tbsp |
| 250 ml | chopped onion | 1 cup |
| 3 | cloves garlic, minced | 3 |
| 250 ml | grated carrot | 1 cup |
| 30 ml | all-purpose flour | 2 tbsp |
| 500 ml | 2% milk | 2 cups |
| 250 ml | shredded Cheddar cheese, divided | 1 cup |
| 250 ml | chopped broccoli | 1 cup |

Directions (continued on back):

1. In a large pot of boiling salted water, cook pasta according to package directions until al dente. Drain and set aside.



Nutrition information:

| | |
|----------------|-----------------|
| Per Serving | |
| Calories | 341 kcal |
| Fat | 16.8 g |
| Saturated Fat: | 6.5 g |
| Sodium | 256 mg (11% DV) |
| Carbohydrate | 36 g |
| Fibre | 4 g (16% DV) |
| Protein | 15 g |
| Calcium | 313 mg (28% DV) |
| Iron | 1.5 mg (11% DV) |

Directions (cont'd):

2. Meanwhile, in a large saucepan, heat 2 tsp (10 ml) oil over medium heat. Saute onion for 3 to 4 minutes or until softened. Add garlic and sauté for 30 seconds. Add carrot and sauté for 3 to 4 minutes or until tender. Transfer vegetable mixture to a plate.
3. In the same pan, heat the remaining oil over medium heat. Sprinkle with flour and cook, stirring, for 30 seconds. Gradually add milk, whisking to ensure flour is distributed and no lumps remain. Bring to a boil, whisking, then immediately remove from heat. Add $\frac{3}{4}$ cup (175ml) of the cheese and stir until melted. Stir in broccoli, reserved carrot mixture and pasta until well coated.
4. Transfer to prepared baking dish and sprinkle with the remaining cheese. Cover with foil and bake in a preheated oven for 30 minutes or until hot and bubbly.

Tip: Use green peas or green beans instead of broccoli. Season the cheese sauce with herbs of your choice, such as dried tarragon, basil, oregano or thyme.



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