



TEAM FOUR
FOOD SERVICE



Barilla Protein+™ Rotini With Fall Vegetables

Yield: 10 servings

Ingredients:

1 1/3 Box Barilla® Protein+™ rotini
6 Tbsp extra virgin olive oil
1 Vidalia onion, chopped
1 Tsp crushed red pepper
8 Oz domestic mushrooms, sliced
1 Eggplant, diced
2 Carrots, diced
2 Zucchini, diced
2 Cups tomatoes, diced
1 Jar artichokes, quartered
3/4 Cup parmigiano, grated
Salt & black pepper to taste

Directions:

1. In a skillet over med/high heat add 5 tbsp. Of olive oil, onion, and red pepper. Cook until translucent, about 1-2 min.
2. Add the mushrooms, eggplant, carrots, zucchini, tomatoes, artichokes and sauté until soft.
3. Meanwhile, cook pasta according to package directions. Reserve a ½ cup of pasta cooking water.
4. Drain pasta and toss with vegetables. Add the reserved cooking water.
5. Season with salt and pepper to taste and toss with ½ of the cheese.
6. Drizzle remaining oil and garnish with remaining cheese.

Recipe and photo courtesy of Barilla