



ROASTED TOMATO AND FETA PASTA

SERVES
4-6

INGREDIENTS

- 2 pints (1000 mL) grape tomatoes, stems removed
- 1 small onion, diced
- ¼ cup (60 mL) fresh basil, chopped
- 1 clove garlic, minced
- 2 tbsp (30 mL) olive oil
- ¼ tsp (1 mL) dried thyme
- ¼ tsp (1 mL) crushed pepper flakes
- ¼ tsp (1 mL) pepper
- 1 block (200 g) Canadian Feta cheese
- 2 cups (500 mL) whole grain penne pasta, dry

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Add tomatoes, onion, garlic, olive oil, thyme, pepper flakes and pepper to a large casserole dish. Mix to combine.
3. Nestle the block of feta in the middle of the dish, surrounded by the tomatoes.
4. Bake uncovered for 45 minutes until most of the tomatoes have burst open.
5. Cook pasta in a large pot according to the package instructions. Reserve 1 cup of pasta cooking water before draining.
6. Lightly mash the tomato and feta mixture with a potato masher or a fork.
7. Combine the drained pasta with the tomato mixture. Add pasta cooking water if the mixture seems dry.
8. Stir in basil before serving.

NOTES

Add sliced olives for a flavour boost.



Teach
Nutrition.ca[™]
By Dairy Farmers of Canada's
Registered Dietitians

Easy to Make, Easy to Love. Recipes to Share with Others.