COLOURFUL RAINBOW PASTA

Medium Recipe

(WITH ROASTED PUMPKIN, CHERRY TOMATOES, BASIL, AND GARLIC)

This is a delightful dish that's packed with flavour! The savoury pumpkin, juicy cherry tomatoes, and perfectly cooked penne pasta all come together to create a meal that will make your taste buds dance with joy.

PREP TIME:

15 minutes

COOKING TIME:

45 minutes

AMOUNT RECIPE MAKES:

6 servings

SKILLS USED:

Measuring, cutting, mixing/stirring, roasting using the oven, cooking pasta on the stove

Nutrition Nuggets: Pumpkin is rich in vitamin A, often called "the eye vitamin" because it supports good vision. Vitamin A helps our eyes adjust to changes in light, enhancing our ability to see in low-light conditions.

Leftover Love: While this pasta dish is usually served hot, it would also be delicious cold! Enjoy the leftovers straight from the fridge or reheated in a pan on the stove or in the microwave - your choice!

Food for Thought: Pumpkin is not just for carving jack-o'-lanterns! It's also super delicious in recipes like this one. Pumpkins add a sweet and creamy texture to dishes!

Submitted by BGC Hamilton-Halton

EQUIPMENT:

- Oven
- Measuring cups and spoons
- Knife
- Cutting board
- Small bowl
- Large bowl
- Spoon for mixing/stirring
- Baking sheet
- Stove
- Large pot
- Colander
- Peeler

INGREDIENTS:

- 4 garlic cloves
- 20 ounces/2 pints of cherry tomatoes
- 1 pound (454g) of pumpkin
- 1/4 cup basil, chopped
- 1/4 cup olive oil
- Parmesan cheese, grated, to taste *(can use vegan parmesan cheese or leave out)*
- Salt and pepper, to taste
- 1 pound (454g) penne pasta *(can use gluten-free, if necessary)*

DIRECTIONS:

1. Preheat the oven to 400°F.
2. Thinly slice the garlic cloves. Place the garlic slices in a small bowl and add enough olive oil to cover them. Season the garlic with a bit of black pepper. Set aside.
3. Peel and cut the pumpkin into medium-sized pieces or slices. In a bowl, toss the pumpkin with 2 tablespoons of olive oil. Add salt and pepper, to taste. Mix well to ensure all pieces are coated with the seasoning.
4. Place the seasoned pumpkin on a baking sheet and roast for about 20 - 25 minutes until tender.
5. While the pumpkin is roasting, bring a large pot of salted water to a boil.
6. Cook the penne pasta according to the package instructions.
7. Reserve one cup of the water used to cook the pasta.
8. Drain the pasta.
9. Once the pumpkin is roasted, add the cherry tomatoes and basil to the baking sheet. Drizzle with more olive oil, if needed.
10. Return to the oven for an additional 10 minutes until the tomatoes are slightly blistered.
11. In a large bowl, combine the cooked pasta, roasted pumpkin, cherry tomatoes, and basil.
12. Toss everything together, adding reserved pasta water if needed to help mix.
13. Sprinkle with grated Parmesan cheese and serve warm.