

Pasta with Zucchini & Roasted Garlic

Prep: 15 min
Cook: 25 min
Serves: 6

Ingredients:

- 1 pound rotini, twists or spirals, uncooked
- 8 medium cloves of garlic, peeled
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary, crushed
- 2 tablespoons vegetable oil
- 3 medium zucchini, coarsely grated (about 5 to 6 cups)

Directions:

1. Preheat the oven or toaster oven to 450°.
2. Lay a 12-inch-square piece of aluminum foil on the counter and put the garlic on it. Sprinkle the thyme and rosemary over the garlic. Pour the oil over the garlic and herbs. Press the edges of the foil together to make a sealed packet. Bake for 20 minutes.
3. While the garlic is baking, cook the pasta according to the package directions.
4. Two minutes before the pasta is done, add the zucchini to the pasta cooking water. Cook for 2 minutes. Drain the zucchini and pasta.
5. Open the foil and mash the garlic lightly with a spoon. Toss the garlic and herbs with the pasta and zucchini, season with salt and pepper, and serve.



Nutrition Information

Serving size: 182g 6 servings Calories: 180

Amount per Serving	% Daily Value	
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	110mg	5%
Total Carbohydrate	28g	10%
Dietary Fiber	2g	7%
Total Sugars	3g	
Added Sugars	0g	
Protein	6g	
Vitamin D	0mcg	
Calcium	31mg	2%
Iron	2mg	10%
Potassium	307mg	6%