

PASTA WITH BALSAMIC VEGETABLES AND MOZZARELLA



Total Time
75 MIN.

Serving & Size
1 SERVING

Difficulty
EASY

Yields
24

Pasta with a medley a fresh diced vegetables, including bell peppers, eggplant, zucchini, minced garlic , and button mushrooms, are sautéed till lightly browned, then drizzled with balsamic vinegar and cooked till glazed.


Nutrition Facts

Serving Size	1 SERVING	
Amount Per Serving		
Calories	304	
% Daily Value		
Total Fat	6.2g	10%
Saturated Fat	2.5g	13%
Cholesterol	9mg	3%
Sodium	748mg	31%
Total Carbohydrate		17%
	50.7g	
Dietary Fiber	8.6g	34%
Protein	13.2g	26%
Vitamin A	10%	Vitamin C 82%
Calcium	14%	Iron 15%

INGREDIENTS

WEIGHT

MEASURE

olive oil		2 tbsp.
Vidalia onion, chopped	10 oz.	2 cups
garlic, peeled, minced		1/4 cups
Italian seasoning		2 tbsp.
mushrooms	3 lb.	
eggplant, diced 1/4-inch	3 lb.	
green pepper	3 lb.	
zucchini	3 lb.	
balsamic vinegar		1/2 cups
 Prego® Traditional Pasta Sauce		1 gallons
campanelle (little bell shaped) pasta, cooked, chilled		3 qt.
part skim mozzarella cheese, shredded		3 cups
fresh basil leaves		1 1/2 cups

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INSTRUCTIONS

1. Heat olive oil over medium heat in large skillet or rondo. Add onions and sauté 5 minutes.
2. Stir in garlic and Italian seasonings. Continue cooking 1-2 minutes to release flavors.
3. Stir in mushrooms. Continue to cook 7-8 minutes or until no longer losing liquid.
4. Add eggplant. Cook 7-8 minutes, stirring often, until dry.
5. Stir in pepper and zucchini. Continue to cook till slightly tender, 5-6 minutes and starting to become dry.
6. Add balsamic vinegar and let reduce till vegetables are coated.
7. Stir in Prego® Traditional Pasta Sauce. Bring to a simmer. Add pasta and warm completely, stirring often, about 10 minutes.

CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds.

CCP: Hold hot at 140°F or higher for service.

8. **To Serve:** Using 2- #4 scoops, portion 2 cups pasta/vegetable mixture into a pasta bowl or soup plate. Sprinkle top with 2 tablespoons cheese and 1 tablespoon basil. Serve immediately.