

# Mediterranean tomato and ricotta pasta

No one will guess that the secret ingredient in this creamy pasta dish is ricotta. Packed with colourful vegetables, this tasty meal will be a hit.



Vegetarian



**PREP TIME**  
15 min



**COOK TIME**  
20 min



**SERVINGS**  
6

## Ingredients

- 1 pkg (375 g) whole grain rotini or fusilli
- 10 mL (2 tsp) extra virgin olive oil
- 1 small zucchini, grated
- 1 small carrot, grated
- Half a red bell pepper, finely chopped
- 15 mL (1 tbsp) dried oregano
- 5 mL (1 tsp) dried basil
- 1 jar (700 mL) tomato passata
- 125 mL (1/2 cup) water
- 45 mL (3 tbsp) chopped fresh parsley or basil
- 250 mL (1 cup) light ricotta cheese
- 30 mL (2 tbsp) grated Parmesan cheese (optional)

## Directions

1. In a pot of boiling water, cook pasta for about 8 minutes or until tender but firm. Drain well and return pasta to pot; set aside.
2. Meanwhile, in a large nonstick skillet, heat oil over medium heat and cook zucchini, carrot, pepper, oregano and basil for about 5 minutes or until starting to turn golden. Stir in passata, water and parsley. Bring to a boil and simmer for 5 minutes. Pour over pasta and stir in ricotta and Parmesan, if using.

## Tips

- ✓ Ask **little chefs** for ideas on what pasta shape to use. In addition to rotini and fusilli, there are **lots of other shapes available**. Have fun looking for these at the grocery store.
- ✓ Transform this pasta dish by **baking it**. Spread pasta mixture into a casserole dish and sprinkle top with 125 mL (1/2 cup) part skim mozzarella, shredded and bake in 200°C (400°F) oven for about 10 minutes or until cheese has melted.
- ✓ **Passata is cooked tomatoes** that have been **crushed and strained**, and it's usually sold in a tall glass jar.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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