



*Where Will Your Next Meal Take You?*

**What a Wonderful World!**

## Roman Roast 'em Toast 'em Veggies

Preheat oven to 400°F. While oven is heating, cut up the veggies as follows: tomatoes into wedges, onion into eight vertical wedges, separate into pieces, pepper into 1" chunks, slice zucchini into ¼" circles.

Place cut vegetables into a large bowl with oil, basil, oregano, garlic powder (or finely chopped garlic), salt and pepper. Toss until veggies are coated with spices and oil and place on a large greased cookie sheet with tomato skin down. To facilitate the "roast 'em toast 'em" experience, make sure each veggie touches the pan. Bake for 25-30 min.

While the veggies are roasting, cook gluten-free pasta according to package directions. Drain noodles and put them back in the pan. Add butter and toss to mix. Add parmesan cheese and toss again. Put noodles in bowls. With a spatula put the veggies, except tomatoes, over the noodles. Gently put tomatoes in the bowl and squish tomatoes into the noodles and veggies.

Serves: 2 - 4

Prep Time: 15 min

Cook Time: 25 -30 min

Ingredients

- 4 medium juicy tomatoes
- 1 medium to large onion
- 1 red or green pepper
- 8 whole mushrooms
- 1 small zucchini
- 1 tbsp olive oil
- ¼ tsp basil
- ¼ tsp oregano
- ½ tsp garlic powder
- Salt and pepper to taste
- 2 cup rotini pasta or pasta bows
- 2 – 4 tbsp of butter
- ½ cup parmesan cheese

© 2010 Crossing Cultures Cuisine

**GLUTEN  
FREE**

email: [crossingcultures@sympatico.ca](mailto:crossingcultures@sympatico.ca)

Visit us on the web at [www.crossingculturescuisine.com](http://www.crossingculturescuisine.com)