

Breakfast | Snack

Penne with Roasted Tomatoes & Red Pepper

5 Mins
Prep Time

10 Mins
Cook Time

4
Servings

 **396** Calories **9g** Fat **67g** Carbs **15g** Protein



Ingredients

 **4 Servings**  **15 Mins Total Time**  **Allergens: Gluten, Dairy**

12 oz Penne

¾ Cup Jarred Roasted Red Peppers in Olive Oil, diced 

2 Cups Oven Roasted Italian Tomatoes 

¼ Cup Parmesan Cheese

Salt and Pepper, to taste

Allergen Swap

Gluten Use gluten-free pasta, zucchini noodles, spaghetti squash (if well tolerated)

Dairy Use a vegan cheese (Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome)

Nourishment Note



Tomatoes

Tomatoes are an excellent source of many nutrients, including folate and vitamin A, both of which are especially important for those with Crohn's disease and ulcerative colitis.



Red Peppers

Red peppers provide folate, a nutrient that may help to grow new and healthy cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Pasta

Prepare pasta according to package directions.

3. Mix Pasta Ingredients

Once pasta is finished cooking, transfer cooked pasta to a large serving bowl. Mix in diced roasted red peppers and roasted tomatoes. Salt and pepper to taste.

4. Serve & Enjoy

Plate pasta and sprinkle with Parmesan cheese. Serve and enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Medium-Sized Saucepan



Measuring Cups



Large Serving Bowl



Cheese Grater



Mixing Spoon



Colander

Remission Remix

- Add a pinch of red pepper flakes for an extra kick of flavor!
- Sauté minced garlic, sliced onions, and spinach leaves and mix into the pasta with the peppers and tomatoes for additional nutrients and flavor to the dish.