



CONVIVIVUM
URBAN FARMSTEAD

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.

Veggie Pasta Bake

INGREDIENTS

- 1 pound elbow macaroni (4 cups cooked)
- 1 cup spinach, roughly chopped
- 1 diced onion
- 1 diced green pepper
- 1 small zucchini, diced
- olive oil
- 26 oz. spaghetti sauce
- 1 - 15 oz. can diced tomatoes (or 1 ½ cups fresh, chopped tomatoes)
- 2 tsp. oregano
- 1 tsp. garlic powder
- 1 tsp. salt
- ½ tsp. pepper
- 2 cups mozzarella cheese

INSTRUCTIONS

1. First, preheat oven to 400 degrees F. Then, spray a 9x13 casserole dish with cooking spray.
2. Bring a medium pot of water to a boil. Cook noodles for 8-10 minutes (al dente), drain, rinse in cold water and set aside.
3. In a large skillet, saute onion, green pepper, and zucchini over medium heat for 8-10 minutes.
4. Mix all ingredients in the 9x13 casserole dish, except for the cheese.
5. Top with mozzarella cheese.
6. Bake for 45 minutes, uncovered.

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