

Wellness Fair Receipts

We hope you enjoyed your meal today! Use this recipe to enjoy these healthy meals at home as well! (Serves 4)

Broccoli Rabe Roasted Tomato Penne

Ingredients

- Broccoli Rabe: 16 oz, stem trimmed
- Tomatoes: 2 Cups, large dice
- Kosher Salt: 1 Tablespoon
- Black Pepper: 0.5 Tablespoon
- Olive Oil: 0.25 Cup
- Penne Pasta: 1 lb
- Olive Oil: 1 Tablespoon
- Kosher Salt: 1 Tablespoon
- Water: 0.75 Gallon

Method

1. Preheat oven to 350 degrees Fahrenheit. Evenly distribute broccoli rabe and tomatoes on a sheet pan and drizzle with olive oil.
2. Season vegetables with salt and black pepper and roast for 20 minutes until broccoli rabe has brown leaves and is deep green in color.
3. In a saucepan, bring water and salt to a boil, then add penne pasta and cook for 10-12 minutes.
4. Strain pasta, add olive oil to prevent sticking, and toss with roasted vegetables.

Health Facts

- Broccoli rabe is high in vitamins A, C, and K, which support overall health.
- Tomatoes are rich in lycopene, an antioxidant linked to heart health.
- Pasta provides carbohydrates for energy, especially when whole grain varieties are used.