

# **Vegetable-Loaded Pasta Bake**

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**Servings: 6**

## **CHEESE SAUCE**

**2 tablespoons butter**

**2 tablespoons all-purpose flour**

**1/4 teaspoon salt**

**1/4 teaspoon black pepper**

**1 cup fat-free milk**

**1 cup (4 oz) extra-sharp cheddar cheese, shredded**

## **PASTA**

**8 ounces (2 3/4 cups) dried whole wheat penne pasta**

**2 1/2 cups (1/2 medium head) cauliflower florets**

**1 medium onion, chopped**

**2 cloves garlic, minced**

**1 tablespoon olive oil**

**2 medium carrots, sliced**

**1 stalk celery, chopped**

**12 ounces (12 cups) kale, stems removed, leaves torn**

**1/2 cup frozen peas**

**1/2 cup frozen whole kernel corn**

**2 tablespoons Parmesan cheese**

For the cheese sauce: In a small saucepan, melt the butter. Stir in the flour, salt and pepper. Add the milk all at once. Cook and stir until thickened and bubbly. Reduce the heat. Add the cheddar cheese. Cook and stir until blended. Set aside..

Preheat the oven to 350 degrees.

In a large Dutch oven, cook the pasta according to package directions. Add the cauliflower for the last 4 minutes of cooking. Drain and rinse.

In the same pan, cook the onion and garlic in hot oil over medium heat for 2 minutes.

Add the carrots and celery. Cook just until tender.

Add the kale. Cook just until wilted.

Stir in the pasta mixture, peas and corn.

Stir in the cheese sauce.

Transfer to a 2 1/2-quart casserole. Cover and bake for 35 minutes.

Uncover. Sprinkle with the Parmesan.

Bake 5 minutes more.

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Per Serving (excluding unknown items): 179 Calories; 8g Fat (35.6% calories from fat); 7g Protein; 25g Carbohydrate; 5g Dietary Fiber; 12mg Cholesterol; 245mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 1 1/2 Fat.