

January

Sue's Vegetable Pasta Bake



This is a family favourite for Sue - she cooks it for Shaquille and Isabella all the time. It's a really quick and easy dish, and a great way to encourage children to eat more vegetables. Make 2007 a healthy New Year!

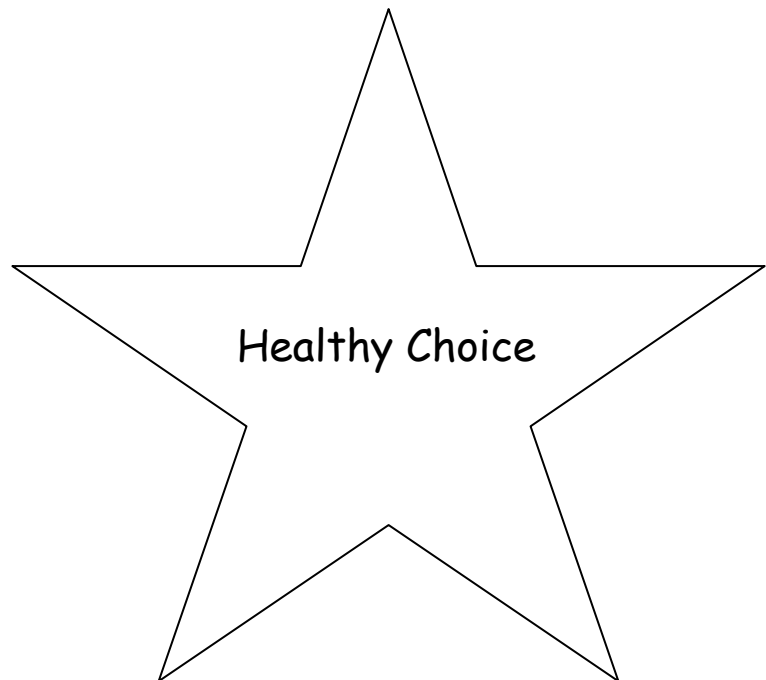
Serves 4

Ready in 30 minutes

Ingredients

We used the following vegetables, but use whatever you like!

- 1 tin sweetcorn
- 2 diced peppers
- 2 carrots
- 2 courgettes
- 1 large onion
- 1 tin tomatoes (chopped)
- Mixed herbs
- 1 tbsp tomato puree



Method

1. Peel and finely chop the onion and carrots. Chop the courgettes
2. Steam all the vegetables until soft. Transfer to a pan and add the tomatoes, mixed herbs and tomato puree, cover and gently cook for 10 minutes, adding a little water if necessary.
3. Cook the pasta in boiling water, as per packet instructions
4. Drain the pasta and mix with the vegetable sauce. Place in an oven proof dish and cover with grated cheese, grill for 8-10 minutes until brown



Soggy cabbage!

Many people now know they should try and eat at least 5 portions of fruit and vegetables every day. But do you think about how you prepare and cook them? If you boil vegetables, you lose some of the vitamins (remember soggy cabbage for school dinners?!), and frying increases the fat content. This recipe is great because the vegetables are steamed, so still packed full of nutrients.