Fettuccine with Zucchini and Roasted Peppers

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, M.D.; recipe by Robyn Webb

This dish gets its flavor from delicious, roasted peppers and thyme.

About the Recipe

397 Calories · 13.6 g Protein · 6.3 g Fiber
Dinner

Pasta is low on the glycemic index, meaning that it releases its natural sugars gradually.

Ingredients

Makes 4 Servings

- 1 large red bell pepper
- 1 large yellow bell pepper
- 1/4 c (60 mL) vegetable broth
- 1 large onion, halved and sliced
- 3 cloves garlic, minced
- 2 medium zucchini, sliced into 1/4-inch-thick rounds
- 1/8 tsp (0.6 mL) crushed red pepper
- 1/2 c (120 mL) dry white wine
- 1 tbsp (15 mL) lemon juice
- 2 tsp (10 mL) fresh thyme
- 10 oz (283 g) fettuccine pasta, preferably whole wheat
- to taste salt
- to taste black pepper

Directions

1. Cut the peppers in half and remove the seeds and white membrane. Place the pepper halves on a broiler pan. Broil the peppers skin-side up until the skin blackens. Place the pepper halves in a bowl, cover with plastic wrap, and allow to cool. When the peppers have cooled enough to handle, remove the blackened skin with your fingertips and cut each pepper into four pieces. Cut the peppers into 1-inch strips and set aside.
2. Heat the vegetable broth in a large skillet over medium heat. Put in the onion and garlic and sauté for 5 to 6 minutes. Add the zucchini and crushed red pepper and sauté for about 15 minutes.
3. Add the roasted peppers, wine, lemon juice, and thyme. Sauté for 1 minute.
4. Cook the fettuccine according to package directions. Drain the pasta, immediately toss with the vegetable mixture, and serve.

Nutrition Facts

Per serving (1/4 of the recipe)

Calories: 397
Fat: 2.2 g
    Saturated Fat: 0.4 g
    Calories from Fat: 4.6%
Cholesterol: 0 mg
Protein: 13.6 g
Carbohydrate: 76 g
Sugar: 9.6 g
Fiber: 6.3 g
Sodium: 216 mg
Calcium: 50 mg
Iron: 3.6 mg
Vitamin C: 143.4 mg
Beta-Carotene: 1,248 mcg
Vitamin E: 1 mg