Foods 9

**One-Dish Rotini Pasta**

**Ingredients**

375ml rotini pasta

180ml various vegetables, cut into bite size pieces

15ml margarine

¼ onion, small diced

1 garlic clove, minced

125ml cheddar cheese, grated

60ml milk

15ml flour

Parmesan cheese

Salt and pepper to taste

**Method:**

1. Bring water to a boil in a large pot. Cook rotini in boiling, salted water for 6 minutes.
2. Meanwhile, add vegetables and to the pasta pot. Cook for another 3 minutes until pasta is ‘al dente’ and vegetables are ‘tender crisp’. Drain and set aside in bowl.
3. In the same pot, melt butter over medium-low heat. Add onion and garlic, sauté until soft.
4. Add flour and cook for 1 minute. Remove from heat and slowly add milk and stir constantly until think. Stir in cheese. Cook and stir on medium-low hear until cheese is melted.
5. Return rotini and vegetables to pot. Stir until well combined.
6. Serve on plates and sprinkle with parmesan cheese.