



Long Livo

Baked Italian Sunset Pasta

15 min

Prep time

4

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

Italian

Cuisine

Ingredients

Main Ingredients

- ☐ 12 oz penne or rigatoni
- ☐ 2 cups marinara sauce (homemade or quality store-bought)
- ☐ 1 ½ cups shredded mozzarella
- ☐ ½ cup grated Parmesan
- ☐ 2 tbsp extra-virgin olive oil

- ☐ 3 cloves garlic, minced
- ☐ ¼ cup fresh basil leaves, torn

Optional Add-Ins

- ☐ ½ cup sliced black olives
- ☐ 1 cup baby spinach
- ☐ ½ cup roasted red peppers, strips

Instructions

- 1 Preheat the oven to 375°F (190°C). Bring a large pot of salted water to a boil.
- 2 Cook the pasta until just al dente, about 7-8 minutes; drain and set aside.
- 3 In a skillet, heat olive oil over medium heat. Add garlic and sauté until fragrant, about 30 seconds.
- 4 Stir in the marinara sauce, let it simmer for 5 minutes, then fold in the cooked pasta and optional veggies.
- 5 Transfer the mixture to a baking dish, sprinkle mozzarella and Parmesan evenly on top.
- 6 Bake for 20-25 minutes, until the cheese is bubbly and golden. Let rest 5 minutes before serving.

Nutrition per serving

420 kcal

Calories

18 g

Protein

55 g

Carbs

14 g

Fat

Tips & notes

- If you prefer a crispier top, switch the oven to broil for the last 2 minutes.
- A dash of red-pepper flakes adds a gentle heat without overwhelming the sunset hue.
- For a richer sauce, stir in a tablespoon of tomato paste when sautéing the garlic.