

Pasta, Corn and Capsicum Bake



Ingredients

- Olive oil spray
- 1 cup macaroni (elbows, spirals or bow ties)
- 6-8 green onions, cut into short lengths
- 1 cup frozen corn kernels (or use canned)
- 1 red capsicum, quartered lengthwise, cut crosswise into slivers
- 2 large eggs
- 1 cup fat-reduced evaporated milk
- 1 tablespoon chopped dill or parsley
- ½ cup packed shredded 25 per cent fat reduced tasty cheese
- 2 tablespoons grated parmesan

Preparation method

1. Preheat oven to 190°C/170°C fanforced. Lightly spray a 5-6 cup baking dish with oil.
2. Cook pasta in plenty of boiling, salted water for 7 minutes. Add onion, corn and capsicum; return to the boil and cook 2 minutes more. Drain; transfer to prepared dish.
3. Whisk together eggs, milk and dill. Add tasty cheese; season with salt and black pepper. Stir mixture through pasta. Sprinkle with parmesan. Bake for 35-40 minutes until set and golden.

Source: food.ninemsn.com.au