Southwestern Pasta with Corn and Black Beans

INGREDIENTS:
*Serves 4-6

1 teaspoon grapeseed oil
1 cup diced onion
1 cup diced red bell pepper
1 cup diced green bell pepper
1 cup diced zucchini
2/3 cup diced celery
3 tablespoons minced garlic
1 lb Penne, cooked according to package
2 Tablespoons ground Cumin
2 teaspoons coriander
1 Tablespoons dried Oregano
2 teaspoons smoked paprika
2 teaspoons ground chili
2 cups drained and rinsed canned black beans
2 cups frozen corn, defrosted and drained
1 (15 oz) can diced tomatoes
2 cups chunky salsa
2- 4 Cups Mexican cheese blend
½ cup diced green onions to garnish
DIRECTIONS:

1. Preheat your oven to 375 degrees. Prepare a 9 x 13 pan by spraying it with nonstick cooking spray.
2. In a sauté pan heat oil over medium high heat. Cook onions, peppers, zucchini, celery and garlic until onions begin to brown.
3. Pour the onion mixture into the prepared baking pan. Stir in penned, spices, hers, beans corn, tomatoes and salsa. Season to taste.
4. Sprinkle with cheese. Spray a piece of foil with nonstick cooking spray and cover the baking pan. Bake for 20 minutes, remove cover, turn your oven up to 400 and bake for an additional 10-15 minutes or until cheese is melted and bubbly. Serve with green onions.