

Roasted Cauliflower Arugula Pasta



INGREDIENTS

- 2 heads Romanesco or 1 head cauliflower (or a mix of both!)
- 2 oz. baby arugula (about 2 handfuls) or kale
- 2 Tablespoons olive oil, separated
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 10 oz. whole wheat pasta, shape of choice
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1/4 cup grated pecorino cheese
- 1/4 teaspoon red pepper flakes



Make the most of multi-tasking and prepare the pasta while the veggies are in the oven for this easy roasted Romanesco arugula pasta with lemon and garlic!

DIRECTIONS

1. Preheat the oven to 425°F.
2. Trim the leaves and stem from the Romanesco or cauliflower and break it into small florets.
3. On a sheet pan, toss the Romanesco or cauliflower with 1 Tablespoon olive oil, salt and pepper and spread into an even layer, making sure the florets are not overlapping. Roast for 20-25 minutes until the Romanesco is brown at the edges.
4. While the Romanesco is roasting, cook the pasta until al dente according to the package instructions.
5. In the last couple minutes the pasta is cooking, heat 1 Tablespoon olive oil in a large skillet. Sauté the garlic until fragrant, about 30 seconds.
6. Use a slotted spoon to transfer the pasta from the pot to the skillet along with the roasted Romanesco/cauliflower.
7. Stir in the lemon juice and arugula. Then fold in the pecorino and red pepper flakes.
8. Enjoy!

Nutrition Facts

Calories 382, Total Fat 10 g, Saturated Fat 2 g, Total Carbohydrate 64 g, Protein 17 g, Sodium 734 mg, Sugar 5 g, Cholesterol 5 mg, Dietary Fiber 11 g, Calcium 152 mg