

ENTREES

Herby, Cheesy, Cauliflower Pasta



Recipe makes 2 servings.

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 small head cauliflower, trimmed into 1½-inch florets
- 1 tablespoon + 2 teaspoons olive oil, divided
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 2 tablespoons roughly chopped walnuts
- 2 tablespoons rice breadcrumbs
- 1 tablespoon grated parmesan
- 1 tablespoon fresh flat-leaf parsley, roughly chopped or 1 teaspoon dry
- 1 teaspoon fresh rosemary, roughly chopped, or ½ teaspoon dry
- 1 teaspoon fresh thyme, roughly chopped, or ½ teaspoon dry
- ½ teaspoon dried red chili flakes
- 7 oz. dry pasta

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Toss cauliflower with 1 tablespoon olive oil, salt and pepper. Roast the cauliflower for 30 minutes, or until caramelized.
3. Place walnuts in a small frying pan, and heat over medium heat until fragrant, about 2 minutes. Be careful not to overcook them. Reserve walnuts.
4. Combine breadcrumbs with remaining olive oil, parmesan, herbs and chili flakes in the same small frying pan, over medium heat. Sauté until golden brown.
5. Cook pasta according to package directions. Drain.
6. Top pasta with cauliflower, walnuts and breadcrumb mixture.
7. Serve immediately. Add chicken if desired.

**Suggestion: Add chicken to make this side a complete meal*