

CAULIFLOWER



STORAGE

Keep it in an open plastic bag in the refrigerator for up to 5 days.

HELPS SUPPORT

Heart health, immune system, and vision.

HOW TO USE

Add it to your favorite pasta sauce; dip it in your favorite low fat salad dressing.

COLORS

White, purple, or yellow.

PASTA WITH ROASTED VEGETABLES

Servings: 8

Preparation Time: 45 Minutes

INGREDIENTS

- 1 ½ heads of cauliflower
- 1 onion
- ¼ teaspoon ground black pepper
- ¼ cup of oil
- ¼ teaspoon of salt
- Non-stick cooking spray
- 1 (16-ounce) package whole wheat pasta



Photo: Share Our Strength

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Rinse onion and cauliflower. Peel onion and chop cauliflower into bite-size pieces, and put in a medium bowl. Add oil, salt, and pepper and stir until vegetables are well coated.
3. Spray a baking sheet with non-stick cooking spray. Spread the vegetables on baking sheet in a single layer. Bake until the cauliflower is browned at the edges, about 30-35 minutes.
4. During last 10 minutes of baking time, cook pasta following package directions. Drain pasta, and save ½ cup of pasta water separately.
5. In a large skillet, add the vegetables and drained pasta, and heat over medium heat for 2-3 minutes, stirring frequently. Add some of the saved pasta water to moisten and make a sauce.

Adapted from Share Our Strength