



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Broccoli Cauliflower Parmesan Pasta

Adapted from 101cookbooks.com

- 1 small head of broccoli, cut into florets
- 1 small head of cauliflower, cut into florets
- 4 tbsp olive oil, divided
- ½ tsp kosher salt
- 2 small yellow onions, cut in half and sliced lengthwise into strips
- 4 cloves of garlic, minced
- Pinch of red chili flakes
- 1 pound whole wheat pasta, such as penne (white pasta can be used if whole wheat is unavailable)
- ¾ cup freshly grated parmesan cheese
- ½ cup pine nuts, lightly toasted, if desired (see note)

Instructions:

Place the broccoli and cauliflower florets in a sheet pan or baking dish and toss with 2 tbsp olive oil and salt and bake at 425 degrees for 25-35 minutes, or until golden and tender.

Sauté the onions with remaining 2 tbsp of olive oil in a large sauté pan on medium heat until they soften; add the garlic and red chili flakes and cook 1-2 minutes more, until garlic is lightly browned (be careful not to let the garlic burn or it will taste bitter).

Cook the pasta until al dente; strain the pasta, reserving about ½ cup of the water. Pour the pasta back into its cooking pot and place on low heat; add the water and roasted vegetables. Stir to combine ingredients. Toss with parmesan and pine nuts.

Note:

-To toast the pine nuts, place them in an ungreased sauté pan on medium heat until they turn golden brown (this should only take a few minutes).

Yield: 8 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 395 calories	PROTEIN: 16 g	SODIUM: 320 mg
	CARBOHYDRATE: 53 g	FIBER: 7 g (4 g using white pasta)
	FAT: 16 g	Sat Fat: 4.5 g

MAKE IT A MEAL:

Entrée: 1 serving broccoli cauliflower parmesan pasta

Fruit: 2 cantaloupe slices (50 calories) wrapped with 1 slice of prosciutto cut in half (30 calories, ½ ounce total)

GROCERY SHOPPING LIST

- 1 head of broccoli and a head of cauliflower
- 2 small yellow onions
- 4 cloves garlic
- Cantaloupe
- Parmesan cheese
- Prosciutto
- Whole wheat pasta
- Pine nuts
- Condiments:* olive oil; salt; red chili flakes

USE OF LEFTOVERS

- Repurpose the leftover pasta by mixing 1-2 cups of it into a basic frittata recipe; cook as usual.