



BeFit

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

Be Fit Basics: Roasted Cauliflower with Whole Wheat Pasta

Cauliflower adapted from *Thanksgiving: How to Cook it Well* by Sam Sifton

5 fresh sage leaves, roughly chopped (optional)
Zest of 1 lemon
1 tsp sugar
3 tbsp olive oil, divided
1 head cauliflower, cut into florets
A pinch of kosher salt plus ground pepper to taste
4 anchovies
2 cloves garlic, minced
½ cup fresh breadcrumbs
8 oz dry whole wheat pasta
1/3 cup slivered almonds (toasted, if desired)

Instructions:

Preheat the oven to 400 degrees. Combine sage (if using), zest, sugar, and 1 tbsp olive oil in a large bowl; toss in the cauliflower and season with salt and pepper. Place on a baking sheet and cook until tender and golden, about 20-30 minutes.

Meanwhile, prepare the breadcrumbs by heating 2 tbsp olive oil in a sauté pan on medium heat. Add in the anchovies, garlic, and breadcrumbs; cook for about 5 minutes or until the bread crumbs are golden.

After the cauliflower has been cooking for about 15-20 minutes, boil water for the pasta. Cook the pasta according to the package instructions. Drain the pasta. When the cauliflower is ready, toss it with the breadcrumbs in a large bowl. Add the cooked pasta and slivered almonds; toss to combine.

Note:

-You can do this with a variety of vegetables: carrots, broccoli, onions, and turnips can all be roasted. (And they can be used as simple side dishes, as well.)

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 415 calories

PROTEIN: 16 g

SODIUM: 315 mg

CARBOHYDRATE: 60 g

FIBER: 10 g

FAT: 16 g

Sat Fat: 3 g

MAKE IT A MEAL:

Entree: 1 serving cauliflower pasta

Vegetable: 2 cups mixed greens or raw escarole (15 calories) with ½ tbsp olive oil (60 calories) and lemon juice

GROCERY SHOPPING LIST

Cauliflower

Lemon

Fresh sage leaves (optional)

Mixed greens or escarole

Garlic

Bread crumbs

Whole wheat pasta

Slivered almonds

Anchovies

Condiments: sugar; olive oil; kosher salt; black pepper

USE OF LEFTOVERS

- Use any leftover cauliflower in a pita sandwich with feta cheese, raisins, and lettuce.