

## PARMESAN BROCCOLI PASTA

*Adapted from 101cookbooks.com*

### Ingredients

- 1 broccoli head, cut into florets
- 1 cauliflower head, cut into florets
- 4 tablespoons of olive oil, divided
- ¼ teaspoon kosher salt
- 2 small onions, cut in half and sliced lengthwise into strips
- 4 cloves garlic, minced
- Pinch of red chili flakes
- 1 pound whole wheat pasta (such as penne)
- ¾ cup parmesan cheese
- ½ cup pine nuts, lightly toasted if desired (see note)

### Instructions

Set the oven to 425 degrees. Place the broccoli and cauliflower florets on a sheet pan (or baking dish) and toss with 2 tablespoons olive oil and salt. Bake for about 30 minutes, or until tender and starting to caramelize in spots.

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

In a large pot, cook the pasta until al dente. Strain the pasta, reserving about ½ cup of the pasta water. Pour the pasta back into its cooking pot and place on low heat. Add the pasta water and vegetables. Stir to combine ingredients. Toss with parmesan and pine nuts.

### Notes:

- If whole wheat pasta is unavailable, white pasta can be substituted.
- 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:** 6 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 530

PROTEIN: 21 grams

SODIUM: 330 milligrams

CARBOHYDRATE: 71 grams

FIBER: 9 grams

FAT: 21 grams

SATURATED FAT: 6 grams