



ROASTED CAULIFLOWER PASTA

Adapted from Thanksgiving: How to Cook it Well by Sam Sifton

Ingredients

- Zest of a lemon
- 1 teaspoon sugar
- 3 tablespoons olive oil, divided
- 1 head cauliflower, cut into florets
- Pinch of kosher salt + ground pepper to taste
- 4 anchovies
- 2 cloves garlic, minced
- ½ cup breadcrumbs
- 8 ounces (½ pound) dry whole wheat pasta
- ½ cup slivered almonds

Instructions

Set the oven to 400 degrees. Combine zest, sugar, and 1 tablespoon of olive oil in a large bowl. Toss in cauliflower and season with salt and pepper. Place on a baking sheet and cook until tender and golden (about 20 to 30 minutes).

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

After the cauliflower has been cooking for about 15 minutes, boil water for the pasta. Cook the pasta according to package instructions. Drain the pasta, reserving ½ cup pasta water. When the cauliflower is ready, add it to the pasta, along with the pasta water and toss to combine. Top with almonds and breadcrumbs.

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 420

PROTEIN: 16 grams

SODIUM: 320 milligrams

CARBOHYDRATE: 60 grams

FIBER: 10 grams

FAT: 16 grams

SATURATED FAT: 3 grams

