

Penne With Roasted Cauliflower and Parsley Pesto

Yield: 8 servings

Ingredients

- 5½ cups cauliflower, cut in half
- ¼ cup olive oil, for brushing cauliflower
- ⅛ teaspoon kosher salt
- ⅞teaspoon black pepper, ground
- 1 cup black olives, pitted, slivered
- 8 ounces penne pasta
- 1⅓ cups cannellini beans, canned, drained and rinsed
- ¼ cup mint, chopped, for garnish

Parsley Pesto:

- 5½ cups parsley, leaves, packed
- 2 tablespoons garlic, roasted
- 3 tablespoons almonds, toasted
- 2 tablespoons nutritional yeast
- 1 lemon, zested
- ⅔ cup olive oil
- ⅛ teaspoon kosher salt
- ⅞teaspoon black pepper, ground

Instructions

1. Preheat the oven to 425 degrees and gather all ingredients and equipment needed.
2. Brush both sides of the cauliflower with olive oil and season with salt and pepper. Arrange in a single layer on a baking sheet. Put in the oven and roast for 15 to 20 minutes, or until the cauliflower is lightly browned and tender. Break into large irregular pieces and set aside.

Parsley Pesto:

1. Blanch the parsley in lightly salted, boiling water for 5 seconds and then immediately plunge into ice water to stop the cooking and set the color. Drain, squeeze dry and chop coarsely.
2. In a food processor or blender, combine the parsley, garlic, almonds, nutritional yeast, lemon zest and olive oil and process until smooth. Season to taste with salt and pepper. Store, covered, in the refrigerator for up to 5 days or freeze for up to 3 months.

Penne Pasta:

1. In a large pot of lightly salted boiling water, cook the pasta until just al dente. Drain, reserving ½ cup of the cooking water. Toss the hot pasta with the pesto, cauliflower, olives and beans, adding a bit of the reserved water if the mixture seems dry.
- Top with fresh mint. Serve warm or at room temperature.

Nutrition Information

Serving Size: 1 cup

- Calories: 222
- Total Fat: 9.1 g
- Saturated Fat: 0.6 g
- Monounsaturated Fat: 2.1 g
- Sodium: 231.8 mg
- Total Carbohydrate: 37 g
- Dietary Fiber: 9.5 g
- Sugars: 27.5 g
- Protein: 9.2 g

Source: Ash, J., and S. Goldstein. From the Earth to the Table: John Ash's Wine Country Cuisine. San Francisco, CA: Chronicle Books, 2007.



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