



Cauliflower Bowtie Pasta

Yield: 8 servings

Time: About 40 minutes total

2 medium sized heads of cauliflower, chopped into ½-inch pieces

About ½ cup extra virgin olive oil (EVOO) total

¾ tsp. salt

¼ tsp. fresh ground pepper

1 cup breadcrumbs with Italian seasoning

1 onion, coarsely chopped

2 shallots, coarsely chopped

2 cloves garlic, minced

½ to 1 tsp. crushed red pepper flakes (depending on how spicy you like it!)

1 lb. bowtie pasta

1 large handful fresh parsley, coarsely chopped

½ cup shredded Asiago or Parmesan cheese



1. Heat the oven to 425°F. Spread the chopped cauliflower onto a large, greased baking sheet. Drizzle with 2 tbsp. of the olive oil. Sprinkle with ½ tsp. of the salt and ¼ tsp. pepper. Roast until tender and the cauliflower begins to brown slightly, about 25 minutes. (I often broil on high for an additional 5 minutes toward the end because I like a really roasty flavor!)
2. Meanwhile, begin to boil water for the pasta. Cook the bowtie pasta according to the package instructions. Be sure to reserve about 2 cups of the pasta water before draining it!
3. Combine the breadcrumbs with 2 to 4 tbsp. EVOO in a large skillet. Heat over medium heat until slightly toasted and golden in color, roughly 5 minutes. Set aside.
4. Place the chopped onion, shallot, and garlic in the skillet. Add 1 tbsp. EVOO, the remaining ¼ tsp. salt, and crushed red pepper flakes. Cook over medium-low heat until the onions and shallots become translucent and softened, roughly 7 minutes. Remove from the heat and set aside.
5. Stir together the drained pasta, roasted cauliflower, and sautéed onions and shallots. Mix in the toasted breadcrumbs. Gently stir in about 1 cup of the reserved pasta water, adding more if needed to bring all of the ingredients together and make pseudo sauce.
6. Garnish with fresh parsley and shredded Asiago or Parmesan cheese.