

# Pasta with Roasted Cauliflower and Crumbs

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## Servings: 6

*2 pounds (two medium heads)  
cauliflower florets  
3 tablespoons olive oil, divided  
1/2 teaspoon salt, divided  
freshly ground black pepper  
6 cloves garlic, thinly sliced  
12 ounces dried rigatoni chunky  
pasta  
2 tablespoons butter, divided  
1/2 cup panko (Japanese  
breadcrumbs)  
1/2 teaspoon anchovy paste  
1/8 teaspoon crushed red pepper (or  
to taste)  
2/3 cup Romano cheese, freshly  
grated  
1/4 cup fresh mint, chopped*

Preheat the oven to 500 degrees.

Slice the cauliflower florets into halves vertically (quarters if large), toss with two tablespoons of oil, and place cut-side down on a baking sheet. Sprinkle with 1/4 teaspoon of salt and pepper. Roast for 10 minutes. Turn the cauliflower and roast for 5 minutes more or until tender and browned.

Cook the pasta according to package directions, reserving one-half cup of the cooking water. While the pasta is cooking, melt one tablespoon of butter in a large skillet. Add the panko and cook for 3 minutes or until browned. Set aside.

Heat one tablespoon of oil and one tablespoon of butter in the skillet. Add the sliced garlic and saute' until golden. Add the red pepper and anchovy paste, stirring well. Add the cauliflower and toss well.

Return the drained pasta to the pot with the reserved cooking water. Add the cauliflower mixture and the Romano cheese. Cover and cook for 3 minutes.

Stir in the mint and black pepper. Spoon into serving bowls and sprinkle with the toasted breadcrumbs.

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Per Serving (excluding unknown items): 148 Calories; 14g Fat (83.6% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 366mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Pasta

## Per Serving Nutritional Analysis

Calories (kcal):	148
% Calories from Fat:	83.6%
% Calories from Carbohydrates:	4.7%
% Calories from Protein:	11.6%
Total Fat (g):	14g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	23mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	366mg
Potassium (mg):	41mg
Calcium (mg):	146mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	369IU
Vitamin A (r.e.):	72RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	148	Calories from Fat: 124
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### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	5g	27%
<b>Cholesterol</b>	23mg	8%
<b>Sodium</b>	366mg	15%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	4g	

<b>Vitamin A</b>	7%
<b>Vitamin C</b>	2%
<b>Calcium</b>	15%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.