

## **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

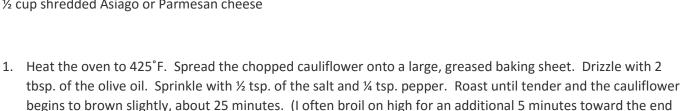
½ to 1 tsp. crushed red pepper flakes (depending on how spicy you like it!)

1 lb. bowtie pasta

1 large handful fresh parsley, coarsely chopped

½ cup shredded Asiago or Parmesan cheese

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.

