

Spicy Roasted Cauliflower Pasta

4 bread slices (each about 1/2 inch thick)
2 cloves garlic, peeled
2 heads (about 2 lbs) cauliflower
3 Tablespoon olive oil
salt
3/4 lb whole-wheat penne
1/4 cup lemon juice
1/4 cup fresh parsley leaves, chopped
3 Tablespoons capers, drained
1 teaspoon red pepper flakes
1/4 cup grated parmesan cheese

Preheat oven to 300F. Place bread slices on a baking sheet and bake until crisp and dry, about 30 minutes. Rub one side of each slice with a garlic clove. Cool, then tear into chunks. Put in a food processor and process into coarse crumbs. Increase oven temperature to 400F.

Cut cauliflower into quarters. Discard leaves and cores and cut into slices about 1/4-1/2 inch thick. Mince remaining clove of garlic. Put cauliflower in a large baking pan and gently toss with olive oil, 1/2 tsp. salt, and minced garlic. Roast, stirring after 10 minutes, until cauliflower is browned on edges and tender when pierced, about 20 minutes.

Cook pasta in a large pot of salted water until al dente, about 12 minutes or according to package directions. Drain, reserving 1/2 cup of cooking water. Return pasta to pot and mix with cauliflower, lemon juice, parsley, capers, red pepper flakes, and reserved cooking water. Stir in breadcrumbs and cheese and serve at once.

4-6 servings. source of vitamins. source of antioxidants

*recipe from *eat well* cookbook