

CAULIFLOWER AND BROCCOLI PASTA

INGREDIENTS:

3 marinated garlic cloves,
minced
3 tbsp olive oil
1 head of cauliflower
1 head of broccoli
4 oz. of pasta
1 cup fresh parsley, chopped
1/2 cup toasted walnuts,
chopped
1 lemon, juiced and zested
Salt, pepper, and red chili
flakes to taste



PREPARATION:

1. Preheat oven to 425°F.
2. Trim and cut cauliflower and broccoli into small pieces. Drizzle with 1-2 tbsp of olive oil and toss with 2/3 of garlic, lemon zest, salt, pepper, and chili flakes. Spread onto a baking sheet and roast for 20-25 minutes or until golden.
3. While roasting, prepare pasta according to directions. Drain, place into a bowl, and drizzle with 1 tbsp of olive oil. Add parsley, remaining garlic, lemon zest, and lemon juice. Toss and add the roasted vegetables.
4. Top with walnuts and parmesan. Add salt and pepper if needed.

Recipe source: Skyler Leslie, Michigan State University Student



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FOOD SAFETY TIPS

- If garlic is marinated in olive oil, be sure to store it sealed and in the refrigerator.
- Marinated garlic will keep in the refrigerator for 1 to 2 months.
- To preserve marinated garlic longer, transfer to a freezer-safe container and freeze.

This recipe was provided by the Michigan Farmers Market Association. Development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development. For more recipes and program information, please visit mifma.org.

