

# CAULIFLOWER & SAUTEED ONION SPAGHETTI

## INGREDIENTS

- Water
- Pinch Salt
- 12 oz Spaghetti **OR** Fettuccini (if using white cauliflower use spinach pasta)
- 4 T Olive oil (extra virgin)
- 2 cloves Garlic (minced)
- 1/4 C Panko crumbs
- 1/2 C Onions (chopped) (sauteed)
- 4 C Cauliflower (florets) (small) (your choice of color)
- 1/2 t - 1 t Red pepper flakes (to your taste)
- 1/4 C Basil Pesto **OR** Basil Pesto Vegenaize (see note below)



## DIRECTIONS

- 1 Bring a large pot of salted water to a boil & add the pasta & cook as the label directs
- 2 Reserve 1 C of the cooking water & then you drain the pasta
- 3 Return the pasta to the pot & toss with 1 T of the olive oil
- 4 Heat 2 T olive oil in a large sauce pan over medium heat
- 5 Add the garlic & cook (30 seconds) & then add the sauteed onions & panko crumbs
- 6 Cook & stir until lightly toasted (3 minutes)
- 7 Wipe clean the sauce pan & heat the remaining 1 T olive oil at medium high heat
- 8 Add the cauliflower & cook until the edges brown (about 4 minutes)
- 9 Add the red pepper flakes & toast (30 seconds)
- 10 Add reserved pasta water & cook
- 11 When liquid is reduced by half & the cauliflower is crisp but tender (about 1 minute)
- 12 Add the pasta, onion mix & basil pesto **OR** Basil pesto vegenaize

## NOTES

- 1 Serves 4 - 6
- 2 Instead of using pesto **OR** vegenaize, garnish with fresh basil (2 T) & pine nuts (1/4 C)

