

Roasted Cauliflower Pesto Pasta

- 1 **cauliflower**, cut into large bite size
- 2 heads of garlic, tops cut off (optional)
- 2 onions, sliced into rounds (optional)
- 2 c cherry tomatoes (optional)
- 1/2 T olive oil
- 1 pkg (500 g) penne, cooked according to package directions (optional)
- 3/4 c parsley, pine nut pesto (recipe below)
- grated Parmesan (extra in a bowl as topping)
- sea salt and freshly ground pepper

Preheat oven to 400 degrees. Roast cauliflower, garlic, onion and cherry tomatoes (if using) with a little olive oil, sea salt and freshly ground pepper, for about 25 minutes until softened and browned. Poke with a small knife, removing vegetables that are done, keeping garlic in longer if required.

Parsley Pine Nut Pesto

- 3/4 c **pine nuts**, or walnuts, toasted (keep your eyes on them, they toast quickly)
- 1 c chopped parsley, loosely packed
- 1/2 c grated Parmesan cheese
- 1/4 c extra virgin olive oil
- 1/2 t salt & freshly ground black pepper to taste
- 1 garlic clove

Use a food processor to chop garlic, dropping through feed tube while running, then add parsley pine nuts and grated Parmigiano. Add the oil slowly, in stages, through the feed tube. If you don't have a food processor, use a mortar and pestle. Season with salt and pepper to taste. Keep the pesto covered until needed to maintain colour.

Cook pasta according to directions. Reserve a little pasta cooking water just in case you need it to thin and spread the pesto. If you prefer to omit the pasta, simply add the pesto to the roasted vegetables. You could also use a cooked grain or bean instead of the pasta.

Mix pesto into pasta, add cauliflower, onions and whole roasted garlic cloves. Toss and garnish with grated Parmesan if needed. Good hot or cold. You can add cherry tomatoes or slivered black olives for colour and bursts of additional flavour.