

Whole Wheat Pasta With Cauliflower and Collards

Ingredients:

3/4 pound short whole-wheat pasta
1 tablespoon extra-virgin olive oil
1 large shallot
1/3 cup dry white wine vinegar (or red)
1 bunch collards, center ribs removed
1/2 teaspoon lemon zest
1/2 head Cauliflower, cut into florets

Directions:

1. In a large pot of boiling water, cook pasta according to package instructions. Reserve 1/2 cup pasta water; drain pasta.
2. Meanwhile, in a medium pot, heat oil over medium. Add shallot and cook, stirring occasionally, until soft. Add white wine vinegar and cook until almost evaporated, about five minutes. Add collards and cook, stirring occasionally, until bright green and crisp-tender, eight minutes.
1. Bake cauliflower on baking sheet at 350°F for 20 minutes.
3. Add cauliflower, lemon zest, and pasta. Cook until cauliflower and pasta are hot, stirring and adding enough pasta water to create a thin sauce that coats pasta, about four minutes. Transfer to a serving bowl and drizzle with oil. Serve immediately.

Nutrition Facts

Serving Size One serving bowl (174g)
Servings Per Container 4

Amount Per Serving

Calories 360 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 57g **19%**

Dietary Fiber 13g **52%**

Sugars 5g

Protein 14g

Vitamin A 4% • Vitamin C 10%

Calcium 4% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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