

# Creamy Cauliflower Pasta

Serves 3-4

Roasting vegetables concentrates their flavor because browning and caramelization adds depth and complexity. It also brings out the vegetable's natural sweetness, which may be tempered by any charred edges. You can substitute or mix in other vegetables – such as squash, asparagus and corn – when in season.

- 1 large head cauliflower, about 2 pounds
- 3 tablespoons extra virgin olive oil
- Kosher salt
- Freshly ground black pepper, to taste
- ½ cup finely chopped yellow onion
- 1 to 1½ teaspoons minced garlic to taste
- 2 tablespoons dry white wine like Sauvignon Blanc
- ½ cup heavy cream
- ½ cup chicken or vegetable broth
- 1 large sprig thyme
- 4 ounces Saint Marcellin (see Note)
- 8 ounces penne or orecchiette, cooked according to package directions; save about 1 cup pasta water
- 2 tablespoons capers, rinsed and chopped
- 2 tablespoons minced chives

- ½ to 1 tablespoon minced parsley
- Fresh lemon juice as needed
- ¼ cup toasted pine nuts (optional garnish)

**Instructions:** Preheat oven to 400°. Cut cauliflower into small, bite-size florets about 1- by 2-inch, and ½-inch thick. Toss in 1½ -2 tablespoons olive oil; season to taste with salt and pepper. Place on a sheet pan and roast in oven until the florets are tender with browned edges, about 20-25 minutes.

Meanwhile, heat remaining oil in a medium-size skillet over medium heat and saute onions until soft and translucent. Add the garlic and saute until garlic is aromatic. Add wine and cook until the pan is almost dry. Add the cream, broth and thyme sprig; bring to a simmer and

reduce liquid by at least half. Remove and discard thyme. Just before serving, stir cheese into cream mixture until well incorporated.

In a large bowl, toss pasta, cauliflower, capers, chives and parsley together. Fold in enough sauce to taste; thin with some of the reserved pasta water if needed to loosen the sauce. Taste and adjust seasoning; add several squeezes of lemon juice as needed to brighten flavors. Garnish with pine nuts, if using. Serve immediately.

**Note:** Saint Marcellin – a ripened cow's milk cheese – is usually sold in 4-ounce crocks at gourmet supermarkets.

**Per serving:** 590 calories, 20 g protein, 61 g carbohydrate, 31 g fat (13 g saturated), 69 mg cholesterol, 418 mg sodium, 8 g fiber.