



# Roasted CAULILINI® baby cauliflower and Lemon Pasta with Fried Capers

**Servings**

4

**Calories**

420

**Prep Time**

15 minutes

**Total Time**

1 hour

**Skill Level**

Easy

## Ingredients

- 1 lemon
- 1 (10 ounce) package CAULILINI® baby cauliflower
- 3 tablespoons olive oil, divided
- 12 ounces dried linguine
- 4 garlic cloves, minced
- 1 tablespoon drained capers
- ½ teaspoon fine sea salt
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flakes
- 1 tablespoon chopped fresh parsley
- ¼ cup grated Parmesan, optional



## The Method

1. Preheat oven to 425°F.
2. Slice lemon in half lengthwise then slice crosswise into thin half moons. Discard seeds.
3. On a large baking sheet, toss lemon slices and CAULILINI® baby cauliflower with 1 tablespoon olive oil and spread out in a single layer. Roast 15-20 minutes or until CAULILINI® baby cauliflower and lemon slices are browned.
4. Bring a large pot of salted water to a boil. Add linguine and cook according to package directions. Drain well, reserving ½ cup pasta cooking water.



# Roasted CAULILINI® baby cauliflower and Lemon Pasta with Fried Capers

5. While pasta is cooking, heat remaining 2 tablespoons oil in a large skillet over medium heat. Add garlic, capers, salt, pepper, and red pepper flakes and cook 2 minutes or until garlic is fragrant.
6. Add cooked pasta to the skillet and toss. Add roasted CAULILINI® baby cauliflower, lemon, and reserved pasta water and toss to combine.
7. Serve topped with parsley and Parmesan, if using.

## **Nutrition Facts**

Serving Size: About 1 cup | Servings: 4

### **Amount Per Serving**

Calories 420 | Total Fat 12g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 350mg | Total Carbohydrate 69g | Dietary Fiber 2g |  
Sugars 5g (Includes 0g Added Sugars) | Protein 12g | Vitamin D 0% | Calcium 2% | Iron 20% | Potassium 4%