

Pasta Shells with Roasted Cauliflower, Chickpeas and Ricotta



Ingredients:

- ¼ cup olive oil, plus a little extra for serving
- 1 head cauliflower (~ 2 lbs), cut into florets
- 1(15.5 oz) canned chickpeas, rinsed and drained
- 4 slices bread (whole wheat, spelt etc.) cut into ½ inch pieces to make your own croutons
- 4 cups (1 lb) whole wheat pasta shells or similar (elbow, rigatoni or penne work well)
- 3 tbsp fresh parsley, chopped
- ½ cup ricotta made with part-skim cheese
- Salt and pepper to taste

Making it:

1. Preheat oven to 425 F with rack in upper and lower 3rd.
2. Rimmed baking sheet: Toss 2 tbsp oil, cauliflower, chickpeas, salt and pepper. Arrange in layer and roast until cauliflower is tender and chickpeas are crunchy (~25 min).
3. Second rimmed baking sheet: arrange bread in single layer and toast until crisp (~10 min).
4. Pot: while waiting for steps 2 and 3 boil large pot of water and cook pasta. Add dash of salt and tbsp of olive oil in pasta water.
5. Drain pasta and mix cauliflower mixture, 2 tbsp oil and parsley.
6. Season with salt, pepper, and top with croutons and ricotta. You can drizzle with a little extra olive oil if you want.

Tips and Hints:

- If you cannot find any whole wheat or similar pasta shells you can use any whole wheat pasta shapes such as penne.
- To increase protein you can mix cooked chicken breast and the flavour will not change much.
- Making croutons is a great way to use up bread that is past just past expiry date.

NUTRITION FACTS

Servings: 6
Serving Size: ~1.25 cup

Total Calories	556
Carbohydrate	92 g
Total Fat	14 g
Protein	21 g
Fiber	12 g

Prep Time: 25
Cook Time: 35