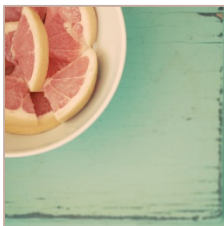


Real Life Food  
For Everyday Life

## Roasted Cauliflower and Asparagus Pasta



### **Ingredients**

3-6 cloves of garlic  
1/2 bunch of asparagus  
1/2 Cauliflower  
1/2 zucchini  
10-15 mushrooms  
12-15 cherry tomatoes  
2 servings of pasta  
Olive oil  
Sea salt  
Thyme  
Red Pepper flakes  
Garlic Salt – *\*season to taste after served*

### **Directions**

Pre-heat the oven to 400\* F

Meanwhile, boil large pot of water for two servings of pasta

Chop garlic, asparagus, zucchini, cauliflower, and mushrooms.

Place in roasting pan

Coat vegetables in layer of olive oil and add spices

Roast for 15 to 20 minutes – Stirring occasionally

Cook pasta according to package instructions

Cut tomatoes in 1/4 and add to roasting pan to roast for 6-10 minutes

Drain pasta, keeping 1/2 cup of pasta water,

Add pasta water to noodles and drizzle a touch of olive oil on noodles. Mix in roasted vegetables

Serve warm and enjoy!



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