

# 10 Days of Healthier

## PASTA WITH ROASTED BROCCOLI

Cooked Pasta of your choice (video uses Gluten Free Tinkyada)

1 1/2 lbs broccoli florets

6 medium or 3 large cloves garlic, chopped

Extra virgin olive oil

Crushed Red Pepper

Toasted Pine Nuts (or whatever you have on hand)

kosher salt and fresh pepper

1/4 cup fresh grated Pecorino Romano or Parmesan Reggiano

Preheat oven to 400° (I did 375 convection)

On a sheet pan, combine broccoli, olive oil, salt and pepper. Roast broccoli about 15-20 minutes, tossing half way (optional), until broccoli is browned and tender. Cooking time will vary based off how small you cut your broccoli.

Meanwhile, boil salted water in a large pot. Cook pasta. If you are using GF, bring to a boil for 2 minutes, then turn to low heat, cover for 5+ minutes be sure to check every few minutes and cook *AL DENTE*, with a bite, not mushy. Before draining, reserve 1 cup of the water from the pasta. Then be sure to rinse the pasta. I know that is not normal. But GF is different.

Heat a full coating of olive oil in skillet. Add the garlic to the skillet, let cook for a few minutes, once it smells, add the broccoli. Let sauté for a few minutes. Add your pasta, stir to combine, add a bit of pasta water. Toss to combine well. Turn heat off, add your cheese and nuts for garnish. Taste for additional seasoning.