

healthy **habits**

EATING WELL ON A BUDGET

Roasted Vegetable Pasta with Olive Oil & Walnuts

Ingredients:

8 ounces whole wheat pasta

(You can also substitute with gluten free pasta, a brown rice and quinoa blend or whole grain preferred)

6-8 tablespoons extra virgin olive oil

3 cloves garlic, minced

2 cups Brussels sprouts or vegetable of choice

1/3 cup toasted walnuts

Optional: 1/4 cup Parmesan cheese

Directions:

1. Preheat the oven to 375. Wash and cut the Brussels sprouts in half. Toss them with 2-3 tablespoons of olive oil and season with salt and pepper to taste.
2. Roast the Brussels sprouts for 35-40 minutes, shaking the pan midway to ensure the veggies cook and brown nicely.
3. While the veggies are roasting, bring a large pot of water to boil. When the water comes to a boil, add the pasta. Cook the pasta to al dente, (you want it cooked through but still a little firm). When the pasta is done cooking, drain and set aside. If using gluten free pasta, toss in 1-2 tablespoons of olive oil before setting aside to avoid sticking.
4. Heat a small sauté pan over medium heat; toast the walnuts until they become lightly browned, about 5-7 minutes.
5. In a large pan, heat about 3 tablespoons of olive oil over medium-high heat. Add the garlic and cook for 2 minutes. Add the roasted Brussels sprouts, walnuts and pasta and combine and heat together, about 5 minutes. Top with the fresh grated Parmesan cheese and enjoy!

