



## COMMUNITY COOKING HEART-HEALTHY RECIPE

Heart healthy whole grains not only provide many vitamins, nutrients and minerals, but also contain dietary fiber, which may help reduce your risk of heart disease, cancer, diabetes and other health complications.

Brussels sprouts (about 1-cup serving) provides 4 grams of fiber, are an excellent source of vitamins A, C, K, folate and iron. They even have some protein! They are also rich in phytonutrients that may help to lower inflammation and reduce the risk of developing cancer.

### **Roasted Brussels Sprout Pasta with Olive Oil, Walnuts and Parmesan Cheese**

*Recipe by Melissa Martland-Kile*

#### **INGREDIENTS:**

2 cups Brussels sprouts

6-8 tablespoons extra virgin olive oil

8 ounces whole wheat pasta

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

1/3 cup toasted walnuts

3 cloves garlic, minced

1/4 cup Parmesan cheese

***Optional: Serve with a side of pan-seared salmon***



## **DIRECTIONS:**

1. Preheat the oven to 375 degrees. 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 through 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.
3. Heat a large pan over medium heat; toast the walnuts until they become lightly browned, about 5-7 minutes. Remove from pan and set aside.
4. In the same 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, toasted walnuts and pasta. Combine and heat together, about 5 minutes. Top with the freshly grated Parmesan cheese and enjoy!

***This recipe is full of fiber, healthy fats, vitamins and minerals for a healthy heart and makes a wonderful Valentine's Day dinner.***

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