

Broccoli Florets, Leaves and Noodles with Walnuts and Roasted Garlic

PREP TIME: 45 minutes

TOTAL TIME: 50 minutes

Servings: 4



Ingredients

Roasted garlic

1 head garlic

1 Tbsp olive oil

Pasta

2 stalks of broccoli with florets and leaves

1 medium yellow onion, diced

1 head roasted garlic cloves

1 cup roasted walnut pieces

2 Tbsp olive oil

1/4 cup dry white wine

1/4-1/2 cup water

1-2 oz Parmesan cheese, shaved (or other salty hard cheese)

Juice of 1 lemon

Salt and pepper to taste

1. To roast garlic, preheat oven to 350 degrees. Slice garlic in half and drizzle with 1-2 tsp olive oil then place in a garlic roaster (or loosely wrapped in tinfoil) and roast for 45 minutes.

2. Wash broccoli and cut florets and leaves from the stalks and set aside. Try to cut high on the stalk to preserve as much stalk as possible for spiralizing. Use a spiralizer with the medium noodle attachment to make broccoli "noodles" with the broccoli stalks then set aside. In a medium-large sauté pan add 2 Tbsp olive oil and diced onion and sauté for 20-25 minutes or until the onion is golden. Add broccoli florets, broccoli leaves, and peeled roasted garlic cloves to the pan along with 1/4 cup dry white wine and 1/4 cup water. Place a lid over the pan, reduced to a simmer, and cook for 5-7 minutes or until broccoli is tender. Remove from heat and add broccoli "noodles", roasted walnuts, shaved Parmesan cheese, and lemon juice and sprinkle with salt and pepper to taste. Stir to combine all flavors then serve immediately.

Courtesy of The Green Blossom Kitchen