

# Linguine with Cauliflower, Peas, Butter, and Pepper

Adapted from *Vegetarian Cooking for Everyone*, Deborah Madison



## Servings: 5

1. Bring a large pot of water to a rolling boil. Salt it to taste, add the cauliflower, and cook for 3 minutes. Select a large bowl or saute pan that will sit on top of the pasta pot, but doesn't seal around the edges - I chose a saute pan with handles and the handles propped up on each side. Scoop the cauliflower into the bowl or pot and add the butter, parsley, mustard, peas and pepper flakes.
2. Add the pasta to the salted boiling water and once you've maintained the high simmer point, set the bowl or pot over the pasta to keep it warm. Watch the pasta pot during the cooking time that it doesn't boil over. Cook until pasta is al dente.
3. Drain pasta and add it to the cauliflower. Add a generous tablespoon of extra virgin olive oil. Grind a generous amount of pepper over all, then toss with the cheese and crumbs, if using. Add salt if needed. Serve immediately.

- 1 whole cauliflower, cut into tiny florets
  - 3 tablespoons butter
  - 1/2 cup parsley, chopped finely
  - 1 teaspoon coarse mustard
  - 1/4 teaspoon red pepper flakes
  - 2 cups frozen peas
  - 1 tablespoon extra virgin olive oil
  - 1 pound linguine, or spaghetti
  - 1/2 cup Gruyere cheese, shredded, or Parmigiano-Reggiano and/or Pecorino
  - 1/2 cup fresh bread crumbs, optional
- Yield: 4 to 6**

*Per Serving (excluding unknown items): 531 Calories; 15g Fat (25.6% calories from fat); 19g Protein; 79g Carbohydrate; 6g Dietary Fiber; 31mg Cholesterol; 225mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**