

Elbows with Cauliflower and Brussels Sprouts



Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 12 servings

INGREDIENTS:

1 box Dreamfields Pasta	½ pound Brussels sprouts, quartered
2 Tbsp extra virgin olive oil	¼ cup white wine
1 small onion, diced	½ cup Parmigiano Reggiano cheese, grated
2 Tbsp butter	1 Tbsp parsley, chopped
1 small carrot, diced	Salt & pepper to taste
3 cups cauliflower, cut into small florets	

DIRECTIONS:

1. Bring a large pot of water to boil
2. In a large skillet, sauté onions in olive oil for 2-3 minutes or until slightly opaque. Add the butter.
3. Add the cauliflower, carrots and Brussels sprouts and brown well, season with salt & pepper. Deglaze the pan with wine and reduce until nearly dry.
4. Cook pasta according to package directions. Drain pasta, reserving 1 cup of cooking water.
5. Once pasta is cooked, add the pasta to skillet and toss to combine. Add enough of the reserved cooking water to make the sauce come together.
6. Remove from heat and add the Parmigiano Reggiano cheese. Toss to combine.
7. Top with parsley and serve.

NUTRITION INFORMATION

Calories:	152		
Total Fat:	5g	Total Carbs:	21g
Cholesterol:	6mg	Fiber	4g
Sodium:	96mg	Protein:	6.5g

**** According to Dreamfields Pasta claims, one serving of this dish should contain about 2.5g of digestible carbs. Test & see if this is true! Type 1 diabetics should dose as if there are 21g. ******