

# Garlicky Cruciferous Pasta

Adapted from Feasting at Home for ease, safety, and ingredient availability – all ingredients purchased from Kroger Delivery

Make 2 servings

## Ingredients:

- 1 bag of slaw mix (we used Kroger Angel Hair Slaw Mix)
- 4 ounces dry pasta (half a box of Banza chickpea spaghetti)
- 1 Tablespoon Kroger Everything But the Salt seasoning
- A small bowl of water or low sodium vegetable broth (not provided) to add as needed to skillet for oil-free cooking (approx. ½ cup)
- Optional: 1 Tablespoon lemon juice
- Optional: 1 Tablespoon nutritional yeast
- Pinch of salt (approx. 1/8 teaspoon)

## **Process:**

Place a pot of generously salted water to boil for pasta on the stove, and cook the pasta:

Cook the Banza chickpea spaghetti to desired firmness, stirring frequently, about 8 to 10 minutes. Expect foam. (Note: directions may differ if using a different brand or type of pasta)

While the pasta is cooking, heat a large non-stick skillet on low.

Add the whole bag of slaw mix. Let this cook without stirring for a minute on medium-low, and it will begin to settle and lower in the pan.

Add 1 Tablespoon of water or vegetable broth and 1 Tablespoon Everything But the Salt Seasoning. Cook the vegetables for 5 more minutes, gently nudging them to help with even heat distribution and preventing sticking to the skillet.

Add 3 tablespoons water or vegetable broth and 1/2 teaspoon salt. Continue cooking over medium-low heat, stirring occasionally.

When pasta is done, strain and rinse with water. Set aside until cabbage slaw is tender.

Stir the pasta into the slaw. Season as desired with more salt and pepper. Add 1 Tablespoon of water, vegetable broth, or lemon juice to loosen and make it saucy. If adding nutritional yeast, add it now.

Taste – add more seasoning, lemon juice, or nutritional yeast if desired.

Serve in bowls and garnish with lemon zest.

### **Nutrition Info for 1 Serving or Half the Recipe (calculated by ChatGPT):**

- Calories: 232
- Protein: 15.5g
- Fat: 4.25g (including 1g saturated fat)
- Total Carbohydrate: 35.5g
  - Fiber: 8.5g
- Sodium: 202.5mg

# **Garlicky Cruciferous Pasta – As Prepared at the Daily Dozen class**

Adapted to be oil-free and low-salt from

<https://www.feastingathome.com/cruciferous-pasta-2/#tasty-recipes-20004-jump-target>

All ingredients purchased from Kroger Delivery

Makes 2 servings

## **Ingredients:**

- 4 ounces dry pasta (half a box of Banza chickpea spaghetti)
- ½ of a medium onion, very thinly sliced
- 4-6 garlic cloves, smashed
- 1 pound cruciferous veggies, all very thinly sliced
- ½ teaspoon salt
- ½ teaspoon cracked pepper
- A small bowl of water or low sodium vegetable broth to add as needed to skillet for oil-free cooking (approx. ½ cup)
- Optional: 1 Tablespoon nutritional yeast

- Optional: 1 Tablespoon lemon juice
- Optional garnish: zest of one lemon

## **Process:**

Place a pot of generously salted water to boil for pasta on the stove, and cook the pasta.

Cook the Banza chickpea spaghetti to desired firmness, stirring frequently, about 8 to 10 minutes. Expect foam. (Note: directions may differ if using a different brand or type of pasta)

While the pasta is cooking, heat a large non-stick skillet on low.

Add onion and smashed garlic and saute for 2 minutes, breaking up the whole garlic with a spatula. If anything is sticking to the pan, add a tablespoon of water or vegetable broth.

Add the whole mound of thinly sliced veggies. Let this cook without stirring for a minute, and it will begin to settle and lower in the pan. If anything is sticking to the pan, add a tablespoon of water or vegetable broth. Cook the vegetables for 5 more

minutes, gently nudging them to help with even heat distribution and preventing sticking to the skillet. Add 3 tablespoons water or vegetable broth and 1/2 teaspoon salt. Continue cooking over medium heat, stirring occasionally.

When pasta is done, strain and rinse with water. Set aside until veggies are bright green and tender.

Stir in the pasta. Season as desired with salt and pepper. Add 1 Tablespoon of water, vegetable broth, or lemon juice to loosen and make it saucy. If adding nutritional yeast, add it now. Taste – add more seasoning, lemon juice, or nutritional yeast if desired.

Serve in bowls and garnish with lemon zest.

### **Nutrition Info for 1 Serving or Half the Recipe (calculated by ChatGPT):**

- Calories: 278.5
- Protein: 18.8g
- Fat: 4.8g (including 1g saturated fat)
- Total Carbohydrate: 46.35g

- Fiber: 11.9g
- Sodium: 650mg (using vegetable broth)