

Pesto Pasta w/Roasted Cauliflower (half recipe)	Pesto Pasta w/Roasted Cauliflower (standard recipe)	Pesto Pasta w/Roasted Cauliflower (double recipe)
1 head cauliflower	1 head cauliflower	2 head cauliflower
1 cup(s) fresh basil	2 cup(s) fresh basil	2 cup(s) fresh basil
1 bulb garlic	1 bulb garlic	1 bulb garlic
0.125 cup(s) pine nuts (or raw almonds)	0.25 cup(s) pine nuts (or raw almonds)	0.25 cup(s) pine nuts (or raw almonds)
1 package(s) whole wheat penne pasta	1 package(s) whole wheat penne pasta	2 package(s) whole wheat penne pasta
<i>black pepper</i>	<i>black pepper</i>	<i>black pepper</i>
<i>1 Tbsp coconut oil</i>	<i>2 Tbsp coconut oil</i>	<i>4 Tbsp coconut oil</i>
<i>red pepper flakes</i>	<i>red pepper flakes</i>	<i>red pepper flakes</i>
<i>cayenne</i>	<i>cayenne</i>	<i>cayenne</i>
<i>1 Tbsp nutritional yeast</i>	<i>2 Tbsp nutritional yeast</i>	<i>2 Tbsp nutritional yeast</i>
<i>0.25 cup(s) olive oil</i>	<i>0.5 cup(s) olive oil</i>	<i>0.5 cup(s) olive oil</i>
(don't forget) greens	(don't forget) greens	(don't forget) greens