



# Cavatelli with Florets

Wholesome vegetables combined with Cavatelli pasta makes this dish simple and fits well with vegetarian diets.



**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Serves:** 4-6 entrée portions

## Ingredients:

1 lb Cavatelli	\$1.10
¼ cup extra virgin olive oil	\$0.40
4 garlic cloves, thinly sliced	\$0.40
1 med. head of cauliflower, cut into small florets	\$1.80
1 small head of broccoli, cut into small florets	\$1.65
2 Tbsp. kosher salt	\$0.02
1 tsp. ground black pepper	\$0.04
¼ tsp. crushed red pepper flakes	\$0.03
1 cup dry white wine	\$0.80
1 cup vegetable stock	\$0.24
1/3 cup Pecorino Romano cheese, grated	\$0.78
<b>Total:</b>	<b>\$7.26</b>

**ESTIMATED FOOD COST FOR 6:** \$1.21/serving

Chalk Board Menu Price: \$7.95

Gross Profit Per Plate: \$6.74

Food Cost % (for 6) 15.2%

*Estimated Profit - Your prices may vary slightly.*

## Directions:

1. Cook pasta according to package directions. Drain, reserving ½ cup of pasta water.
2. Heat a large skillet; add oil and garlic, cook until light brown. Add cauliflower, cook until soft and coated with oil. Add broccoli florets season with salt, black pepper and pepper flakes, cook for 3 minutes. Add wine, cook stirring frequently until wine has evaporated. Add 1 cup vegetable stock and cook.
3. Add hot pasta to the cauliflower and broccoli mixture. Gently mix the ingredients together.
4. Serve with Romano cheese on the side.