



Rigatoni with Roasted Cauliflower and Brussels Sprouts

¾ lb rigatoni or some other short pasta
½ medium head cauliflower (about 1 lb), cut into florets
8 oz Brussels sprouts, trimmed and halved
1 medium red onion, cut into ½ inch wedges
2 sprigs fresh thyme
1 Tbsp olive or vegetable oil
½ tsp black pepper, to taste
¼ tsp salt

1. Preheat oven to 450°F. Cook pasta according to the package directions. Reserve 1 cup of the cooking water; drain the pasta and return it to the pot.
2. Meanwhile, on 2 large rimmed baking sheets, toss the cauliflower, Brussels sprouts, and onion with the thyme, 1 Tbsp oil, ½ tsp black pepper, and ¼ tsp salt. Roast, tossing the vegetables once and rotating the sheets halfway through, until golden brown and tender, 15-20 minutes.
3. Add the vegetables and ½ cup of the reserved cooking water to the pasta. Add more cooking water if pasta seems dry.



Makes: 4 servings

Nutrition Information:

CALORIES 390 (32% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 74g; FIBER 7g; PROTEIN 16g; CALCIUM 6%; IRON 25%



Spiced Apple Bread Pudding

1½ lbs tart apples (3-4 medium), such as Granny Smith, Empire, or Cortland
1 Tbsp + 1 tsp light brown sugar
1 tsp ground cinnamon
½ tsp ground nutmeg
3 cups apple cider
2 Tbsp butter, melted
1 tsp vanilla extract
6 cups stale bread (preferably whole grain), cut into 1-inch pieces
⅓ cup golden raisins
½ cup walnuts (optional)



1. Preheat the oven to 350°F. Peel and slice apples thinly.
2. Toss apples with brown sugar, cinnamon, and nutmeg in a medium bowl. In another bowl, combine cider, butter, and vanilla.
3. Cover the bottom of a 3-quart casserole dish (or similar sized pot) with 2 cups bread pieces. Pour ½ cup of the cider mixture over the bread. Sprinkle with one-third of the raisins, and cover with one-third of the apple slices.
4. Repeat with step 3 twice until all ingredients are used. Slowly ladle the remaining cider mixture over the top. Using a flat, wide spatula, press down to compact and submerge the top layer. Cover with a lid or foil.
5. Bake for 30 min. Use the spatula again to press down the top and baste it with the liquid. Cover and bake for 30 minutes more. Baste again, remove the cover, and bake for a final 30 minutes, until top is golden. Top with walnuts, if using.

Makes: 12 servings

Nutrition Information:

CALORIES 150 (17% from fat); FAT 3g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 80mg; CARBOHYDRATE 30g; FIBER 3g; PROTEIN 3g; CALCIUM 4%; IRON 4%