



Creamy Roasted Garlic Broccoli and Cauliflower Pasta

Ingredients

- | | |
|---|--|
| 1 Cup Water | 1 lb Cauliflower, cut larger than bite size |
| 1 Whole garlic bulb | 1/4 Cup shredded Asiago cheese |
| 1 Teaspoon plus 1 tablespoon olive oil, divided | 1/4 Cup fat-free half & half |
| 1-3/4 cups uncooked whole wheat orzo pasta | 1 Teaspoon salt-free garlic pepper seasoning blend |
| 2-1/2 cups chicken stock | 1/4 Teaspoon salt |
| 3 Ounces reduced-fat cream cheese, cubed | 2 Tablespoons minced fresh parsley |
| 1 lb Broccoli, cut large than bite size | |

Method

Preheat oven to 425°. Remove papery outer skin from garlic bulb but do not peel or separate the cloves. Cut off top of garlic bulb, exposing individual cloves. Drizzle cut cloves with 1 teaspoon oil. Wrap in foil. Bake 30-35 minutes or until cloves are soft. Unwrap. When cool enough to handle, squeeze garlic from skins.

Pour the water into the inner liner pot. Add the broccoli and cauliflower to the steamer basket and place in the pressure cooker. Place the lid on and set the Steam release knob to the Sealing position. Press the pressure cook button or dial, then the +/- button or dial to select 1 minute. As soon as the pot starts to beep that the cook cycle has ended, turn the steam release knob to the Venting position to do a quick release of the steam/pressure. Turn off the pot.

In a Dutch oven, heat oil over medium-high heat. Add pasta; cook and stir 2-3 minutes or until lightly browned. Add stock; bring to a boil. Reduce heat; simmer, covered, 10-12 minutes or until pasta is tender and liquid is absorbed.

Stir in cream cheese until melted. Add broccoli and cauliflower, Asiago cheese, milk, seasoning blend, salt and roasted garlic; cook and stir for a few minutes. Sprinkle with parsley.