

Bow Tie Pasta with Brussels Sprouts, Gorgonzola and Hazelnuts

Delicious and super easy to make, this recipe is from One Pan, Two Plates: Vegetarian Suppers by Carla Snyder. It's a true Fresh Food in a Flash recipe that's really impressive. When tossed with hot pasta, the Gorgonzola turns into an instant creamy sauce with chunks of Brussels sprouts and crunchy hazelnuts all cooked in one pan. Perfect for when you are in a hurry for dinner.

	Kosher Salt	2	Tablespoons	unsalted butter
8	ounces			
	bow tie pasta	1/3	cup	toasted and chopped hazelnuts
15				
	Brussels sprouts	2	Tablespoons	minced flat leaf parsley
4	ounces	1	pinch	freshly ground black pepper to taste
	Gorgonzola cheese			

- 1 In a 3-quart saucepan over high heat, bring 2 quarts of water to boil. Add 1 tsp salt and the pasta and cook about 7 minutes. Add the Brussels sprouts and cook until the pasta is al dente and the Brussels sprouts are tender-crisp, 4 to 5 minutes longer. To check the pasta for doneness, fish out a bow tie and bite into it. It should still be chewy, just a little underdone.
- 2 Reserve 1 cup of the cooking water and then drain the pasta and Brussels sprouts in a colander in the sink.
- 3 Return the pasta and Brussels sprouts to the hot pan and pour in about 1/4 cup of the pasta water, the Gorgonzola cheese, butter, hazelnuts, 1 Tablespoon of the parsley and a few grinds of black pepper. Stir until a creamy sauce forms. If the pasta is dry, add more of the pasta water. Taste and season with salt, if it needs it. If the pasta sits for any length of time, you may need to add a little more of the pasta water to keep it creamy.
- 4 Mound the pasta onto heated plates and sprinkle with the remaining 1 Tablespoon of parsley and more pepper if desired. Serve hot.

Servings: 2

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Total Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 903 calories, 372 calories from fat, 43.9g total fat, 81.2mg cholesterol, 1347.3mg sodium, 841.5mg potassium, 101.5g carbohydrates, 8.9g fiber, 3.6g sugar, 33.8g protein.

Source

Author: Carla Snyder

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