



**Makes 4 servings**  
**Cook Time: 45 minutes**

**INGREDIENTS:**

1 pound whole-grain linguine,  
cooked, drained, and kept warm

1 large head cauliflower, cut into  
florets

2 medium red onions, peeled,  
halved, and thinly sliced

4 cloves garlic, peeled and  
minced

2 tablespoons tomato paste

1 tablespoon mellow white miso,  
dissolved in 3 tablespoons hot  
water

½ cup golden raisins

Large pinch saffron, soaked for  
10 minutes in ¼ cup hot water

3 tablespoons pine nuts, toasted

Chopped parsley

# Sicilian Cauliflower Linguine

Traditional versions of this dish are made with extra virgin olive oil—lots of it—and anchovies. This version is far healthier, but still packed with flavor. Plus, with a little bit of flavor-packed miso, you won't miss the fish—or all that oil.

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By Del Sroufe

- 1 Cook the pasta according to package directions. Drain and keep warm, reserving ½ cup of the cooking water.
- 2 Steam the cauliflower in a double boiler or steamer basket for 6 minutes, or until tender. Drain and rinse until cool. Set aside.
- 3 Place the red onions in a large saucepan and sauté over medium-high heat for 8 to 10 minutes, or until the onions are browned. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan.
- 4 Add the garlic and tomato paste and cook for another minute.
- 5 Add the dissolved miso, raisins, and saffron with its soaking liquid. Simmer the mixture for 2 minutes.
- 6 Add the steamed cauliflower, stirring until heated through, and then add the cooked linguine. Toss well, adding reserved pasta cooking water as needed if the mixture is too thick.
- 7 Serve garnished with the pine nuts and parsley.