

Roasted Fennel and Tomato Pasta

Makes 4 servings

This simple pasta dish is a delicious way to have your child try fresh fennel. Have your child help by mixing the vegetables before roasting them in the oven.

Ingredients

- 1 fennel bulb, cut in half and thinly sliced
- 2 pints cherry tomatoes
- ¼ teaspoon red pepper flakes
- 2 garlic cloves, finely chopped
- ½ cup fennel fronds (the leafy green parts at the top of the stalks), chopped
- 2 tablespoons olive oil
- Salt
- 12 ounces long whole wheat pasta, like spaghetti or fettucine
- Zest of half a lemon
- ¼ cup grated parmesan cheese (optional)



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Directions

1. Heat the oven to 350 degrees F.
2. On a rimmed sheet pan or baking dish, toss together the fennel, tomatoes, garlic, red pepper flakes, half of the fennel fronds, olive oil, and ½ teaspoon salt.
3. Cover the pan tightly with foil and bake for 30 minutes.
4. Remove the foil from the pan and increase the oven heat to 400 degrees F.
5. Cook for another 15 minutes, until the vegetables are golden brown. Remove the pan from the oven and let the vegetables cool for 5 minutes.
6. Transfer the roasted vegetables and juices to a large skillet.
7. Bring a large pot of water to a boil. Add 1 teaspoon salt and cook the pasta 2 minutes less than the package's directions. Save 1 cup of the cooking water, then drain the pasta.
8. Add the pasta, reserved cooking water, lemon zest, and half of the parmesan cheese to the skillet and use tongs or a large fork to mix well with the tomato and fennel mixture. Turn the heat the medium and cook, stirring often, until the sauce has thickened, about 3-4 minutes.
9. Top each serving with the remaining parmesan cheese and fennel fronds.

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