

# **CABERNET ROTINI WITH BRUSSELS SPROUTS, CASHEWS & SUNDRIED TOMATOES**

Yields: 4 servings

12 oz bag Cabernet Rotini

2 Tbsp Olive Oil

½ C Sundried Tomatoes, finely chopped

2 T Fresh Rosemary, roughly chopped

1 Tbsp Balsamic Vinegar

¾ C Raw Cashews, or you may substitute with Pine Nuts

2 C small Brussels sprouts, trimmed and halved

½ C Red Wine, preferably Cabernet

Salt & Pepper to Taste

## Directions:

1. First start 6 quarts of rapidly boiling water and 1 Tbsp salt. This is the pasta water. Place the sprouts into a colander or steamer with a lid and place this on top of the simmering pasta water. Steam the sprouts until they are slightly soft but not mushy.
2. While the sprouts are cooking, heat a small sauté pan over medium heat. Place the cashews or pine nuts in the pan and toast, tossing the nuts around in the pan, until they are evenly golden brown. Pour the cashews or pine nuts out onto a plate so they do not continue cooking in the pan.
3. Then remove the colander from atop the water and immerse the sprouts immediately in cold water. This will stop the cooking process and preserve their color. Keep the veggie cooking water to boil the pasta.
4. Boil the Rotini from 5 to 7 minutes, until al dente. Drain quickly and toss with 1 Tbsp olive oil so the pasta does not stick together.
5. Heat a medium sauté pan over medium high. Add the additional olive oil to the pan. Saute the chopped garlic quickly, toss in the Brussels sprouts and gently stir to combine. Cook until the garlic is soft but not yet brown. Turn the heat to low.
6. Pour the vinegar into the pan and toss to combine. Add the sundried tomatoes, rosemary and salt and pepper to taste. Toss together.
7. Pour the cooked rotini into the pan along with ½ C of the toasted nuts. Toss together then pour the pasta onto a platter. Top with the addition ¼ C of toasted nuts.