Cauliflower Mac & Cheese

This luxurious macaroni and cheese recipe gets its creaminess from pureed cauliflower which adds fiber while slashing saturated fat and calories.

INGREDIENTS

<table>
<thead>
<tr>
<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<tbody>
<tr>
<td>7 SERVINGS</td>
<td>15 MIN</td>
<td>45 MIN</td>
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- ½ head Cauliflower, coarsely chopped into florets/small pieces (about 3 cups)
- 1 cups Milk, 1%, Low-fat
- ¼ tsp Garlic Powder
- ⅛ tsp Nutmeg, ground
- ⅛ tsp Smoked Paprika
- ⅛ tsp Cayenne Pepper (optional)
- 1 cup Cheddar Cheese, shredded
- ½ cup Parmesan Cheese, grated
- ½ tsp Kosher Salt
- 12 oz. Whole Wheat Penne Pasta (or any short cut shape)

DIRECTIONS

1. Gather all necessary equipment and ingredients.

2. Bring two large saucepots of water to a boil. Once boiling, add the cut cauliflower to one pot and cook until very tender, about ___ minutes. Add the pasta to the other pot and cook until al dente, about 8-10 minutes. Strain and set aside.

3. Once the cauliflower is cooked, strain it and add to a blender. Add the milk, butter, garlic powder, cayenne, nutmeg, and salt. Blend on high until very smooth.

4. Add the cheeses and blend again until melted and creamy. If needed, add a little water to reach the desired consistency.

5. Pour the finished sauce over the cooked pasta and stir to combine well. Enjoy!

CHEF’S NOTES

Cauliflower is a versatile vegetable that is available in the winter in Louisiana and is a good source of Vitamin C, which is critical to get in the winter months for its immune boosting properties.

We add nutmeg to this recipe to add a warmth and complexity to the rich, creaminess of the sauce.

If you like a baked mac & cheese, you can add whole wheat breadcrumbs and a little parmesan cheese before popping under the broiler for a crunchy topping.
# Nutrition Facts

<table>
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<tr>
<th>Amount per serving</th>
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<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>240</td>
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<tr>
<td><strong>% Daily Value</strong></td>
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| Total Fat         | 3g  | 4%  
| Saturated Fat     | 1g  | 6%  
| Trans Fat         | 0g  |  
| Cholesterol       | 10mg| 3%  
| Sodium            | 290mg| 12%  
| Total Carbohydrate| 40g | 15%  
| Dietary Fiber     | 5g  | 19%  
| Total Sugars      | 4g  |  
| Includes 0g Added Sugars | 0% |  
| Protein           | 12g | 24%  
| Vitamin D         | 0.46mcg | 2%  
| Calcium           | 200mg| 16%  
| Iron              | 0.26mg| 0%  
| Potassium         | 200mg| 4%  

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, “Cauliflower Mac & Cheese” (12/5/18)