

Cauliflower Mac & Cheese



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

YIELD 7 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

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)

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 the crispy top of a baked mac & cheese, you can add whole wheat breadcrumbs and a little parmesan cheese on top before popping under the broiler for a crunchy topping.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large saucepot of water to a boil. Once boiling, add the cut cauliflower and cook until very tender, about 15-20 minutes. Using a slotted spoon, remove cauliflower and transfer to a blender.
3. Add the milk, garlic powder, cayenne, nutmeg, and salt. Start the blender on low, gradually increasing to a high speed and blend 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. Meanwhile, allow your water to return to a boil. Once boiling, add the pasta and cook until al dente, about 8-10 minutes. Strain and set aside.
6. Pour the finished sauce over the cooked pasta and stir to combine well. Enjoy!

Nutrition Facts

7 servings per container

Serving Size 1 cup (141 g)

Amount per serving

Calories 240

% Daily Value *

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)



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