Cauliflower Mac & Cheese

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

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<th>YIELD</th>
<th>PREP TIME</th>
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<td>7 SERVINGS</td>
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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
- ½ tsp Nutmeg, ground
- ½ tsp Smoked Paprika
- ½ 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. 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!

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