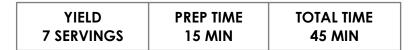
Cauliflower Mac & Cheese

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



INGREDIENTS

½ head	Cauliflower, coarsely chopped into
	florets/small pieces (about 3 cups)
1 cups	Milk, 1%, Low-fat
¼ tsp	Garlic Powder
⅓ tsp	Nutmeg, ground
⅓ tsp	Smoked Paprika
⅓ 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		
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%	

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)









goldringcenter.tulane.edu

@culinarymedicine

Goldring Center for Culinary Medicine