



Cauliflower Mac and Cheese

Yield: 6 servings

Ingredients

1 medium head cauliflower,
cut into florets
2 cups milk, low-fat
2 teaspoons butter, unsalted
½ teaspoon garlic powder
¼ teaspoon cayenne pepper
¼ cup shredded Parmesan cheese
½ cup grated, low fat
cheddar cheese
1 teaspoon kosher salt
13 ounces whole wheat elbow or
penne pasta

For topping

1 cup whole wheat breadcrumbs
3 tablespoons chopped
fresh parsley
¼ teaspoon kosher salt
¼ teaspoon ground black pepper
1 tablespoon shredded
Parmesan cheese

Instructions

1. Heat oven to 350 degrees and bring two large pots of water, filled $\frac{3}{4}$ of the way, to a boil.
2. In one pot, once it's boiling, add in the cauliflower and cook until fork tender.
3. Once cauliflower is cooked, strain and transfer it to a blender.
4. Add the milk, butter, salt, garlic powder, cayenne pepper, 1/4 cup Parmesan cheese, and cheddar cheese to the blender. Puree until very smooth.
5. In the other pot of boiling water, add the whole-wheat pasta and cook for about 12 minutes or until al dente. Then, strain and set aside.
6. In a separate bowl, combine the topping ingredients.
7. Pour the cooked pasta into a baking dish.
8. Add the cauliflower sauce to the pasta, top with breadcrumb mixture, and bake for 10 minutes, until sauce is bubbling and hot.

Nutrition Information

Serving Size: 1½ cups
Calories: 368
Total Fat: 8 g
Saturated Fat: 3 g
Monounsaturated Fat: 1 g
Sodium: 490 mg
Total Carbohydrate: 62 g
Dietary Fiber: 10 g
Protein: 17 g

Source: Health meets Food

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