



Cauliflower Alfredo with Kale

<u>U.S.</u>		<u>Metric</u>
<i>For the Alfredo</i>		
2 tsp	Butter	9.45 g
2 tsp	Olive oil	10 mL
3 tbsp	All-Purpose Flour	21.2 g
1/2 cup	Milk, skim or 1%	118 mL
1/2 head	Cauliflower, cut into florets	1/2 head
1 tsp	Cayenne pepper	3 g
3 oz	Low-fat cheddar cheese, sharp, grated	84.75 g
1 tsp	Salt, kosher	6 g
<i>For the Kale</i>		
1 tsp	Oil	5 mL
1 clove	Garlic, minced	1 clove
3 cups	Kale, washed, de-stemmed, chopped	201 g
<i>For the Pasta</i>		
3 qts	Water	2.85 L
10 oz	Pasta, whole wheat	282.5 g

Preparation:

1. Gather all ingredients and equipment.
2. In a large pot, bring 2 quarts of water to a boil. Drop in cauliflower, and cook until easily mashed with a fork (about 15 minutes). Drain.
2. Transfer cauliflower to a blender and puree until very smooth.
3. Heat butter over medium heat in a heavy-bottom saucepan. Allow butter to bubble and brown slightly; whisk in olive oil.
4. Stir in flour, whisking until mixture is well-incorporated and resembles wet sand.
5. Slowly pour in milk while continuously whisking. Bring mixture to a slow simmer. approximately five minutes, or until mixture thickens slightly.
6. Whisk in cauliflower puree, cayenne, cheddar cheese, and salt; simmer for approximately five minutes, or until mixture thickens slightly.
7. In a large saucepan or small stockpot, bring 3 quarts of water to a boil.
8. Meanwhile, heat large sauce pan over high heat with 1 tsp oil. Add garlic and cook for 30 seconds. Add kale, and cook down until wilted.
9. Add pasta to boiling water and cook for approximately 10 minutes, or until pasta is al dente.
10. Drain pasta into colander.
11. In a large pot, combine cheese sauce, kale, and pasta, stirring gently until thoroughly combined.

****Nutrition Facts on Reverse** (Delete if facts fit on 1 page)

Nutrition Facts	
Serving size	2 oz pasta, 4 oz sauce
Servings	5
Calories	335
Calories from Fat	90
Total Fat	10 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	10 mg
Sodium	395 mg
Carbohydrates	53 g
Dietary Fiber	10 g
Sugars	5 g
Protein	12 g
Vitamin A	100 %
Calcium	6 %
Vitamin C	30 %
Iron	2 %
Phosphorus	177 mg
