

Cauliflower Mac & Cheese

<u>U.S.</u>		<u>Metric</u>
2 quarts	Water	1.9 L
1 medium head	Cauliflower, cut into florets	588 g
2 cup	Milk, low-fat	473.16 mL
2 tsp	Butter, unsalted	9.45 g
1/4 tsp	Garlic powder	.775 g
1/4 tsp	Cayenne pepper	.45 g
1/4 cup	Parmesan Cheese, shredded	20 g
1/2 cup	Cheddar Cheese, low fat, grated	66 g
1 tsp	Salt, kosher	6.0 g
3 quarts	Water	2.85 L
13 oz	Elbow or Penne Pasta, whole wheat	368.54 g
 <i>For Topping</i>		
1 cup	Breadcrumbs, whole wheat	226.8 g
3 Tbsp	Parsley, Fresh, chopped	10.8 g
1/4 tsp	Salt	1.5 g
1/4 tsp	Black Pepper, ground	0.6 g
1 Tbsp	Parmesan Cheese, shredded	5 g

Preparation:

1. Gather all equipment and ingredients.
2. Preheat oven to 350oF and bring 2 large pots of water, filled 3/4 of the
3. In one pot, once it's boiling, add in the cauliflower and cook until fork
4. Once cauliflower is cooked, strain and transfer it to a blender.
5. Add the milk, butter, salt, garlic powder, cayenne, and half of the parmesan, and cheddar cheese. Puree until very smooth.
6. 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.
7. In a separate bowl combine the breadcrumbs, parsley, salt, pepper, remaining parmesan and olive oil.
8. Pour the cooked pasta into a baking dish or half hotel pan.
9. Add the cauliflower sauce to the pasta, top with breadcrumb mixture, and bake for 10 minutes, until sauce is bubbling and hot.
10. Enjoy immediately.

Nutrition Facts**Serving size** **1 1/2 cup****Servings** **6****Calories** **368**Calories from Fat **80**Total Fat **8 g**Saturated Fat **3 g**Trans Fat **0 g**Monounsaturated **1 g**Cholesterol **16 mg**Sodium **490 mg**Carbohydrates **62 g**Dietary Fiber **10 g**Sugars **6 g**Protein **17 g**Vitamin A **27 %**Calcium **26 %**Vitamin C **80 %**Iron **3 %**Phosphorus **188 mg**
