



## Cauliflower Mac & Cheese

<u>U.S.</u>		<u>Metric</u>
1 medium head	Cauliflower, cut into florets	590 g
2 cup	Milk, low-fat	475 mL
2 tsp	Butter, unsalted	10 g
1/4 tsp	Garlic powder	0.75 g
1/4 tsp	Cayenne pepper	0.5 g
1/4 cup	Parmesan Cheese, shredded	20 g
1/2 cup	Cheddar Cheese, low fat, grated	65 g
1 tsp	Salt, kosher	6 g
13 oz	Elbow or Penne Pasta, whole wheat	370 g
<i>For Topping</i>		
1 cup	Breadcrumbs, whole wheat	230 g
3 Tbsp	Parsley, Fresh, chopped	10 g
1/4 tsp	Salt	1.5 g
1/4 tsp	Black Pepper, ground	0.5 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 way, to a boil.
3. In one pot, once it's boiling, add in the cauliflower and cook until fork tender.
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, and remaining parmesan.
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 on Reverse**

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**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 Fat	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

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