



# Cauliflower Mac and Cheese

8 Servings • 1 Serving = 1 Cup

## INGREDIENTS

- 1 medium head cauliflower, cut into florets
- 4 cloves garlic
- 2 cups low-fat milk (1%)
- ½ teaspoon onion powder
- ½ teaspoon dry mustard
- ¼ teaspoon cayenne
- ½ cup parmesan cheese plus 2 Tablespoons, grated and divided
- ½ cup cheddar cheese, shredded
- 12 ounces whole wheat elbow or penne pasta
- ¾ cup whole wheat breadcrumbs
- 3 Tablespoons fresh parsley, chopped
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon olive oil

## DIRECTIONS

1. Preheat oven to 350°F and bring 2 large pots of water, filled ¾ of the way, to a boil.
2. In one pot, once it's boiling, add in the cauliflower and garlic cloves.
3. Once the cauliflower and garlic are soft, strain and transfer to a blender.
4. Add the milk, onion powder, dry mustard, cayenne, cheddar cheese, and ½ cup parmesan cheese to the blender. Puree until very smooth.
5. In the other pot of boiling water, add the pasta and cook for about 12 minutes or until al dente. Drain well and place into a 9 x 13" baking dish.
6. While the cauliflower and pasta cook, combine the breadcrumbs, parsley, pepper, the remaining parmesan cheese, and olive oil into a separate bowl.
7. Add the cauliflower puree to the pasta and stir to combine. Top with the breadcrumb mixture and bake for 10 minutes, or until sauce is bubbling and hot.

## Nutrition Facts

8 servings per container  
Serving size **1 Cup**

Amount per serving  
**Calories 280**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 41g **15%**

Dietary Fiber 2g **7%**

**Total Sugars** 7g

Includes 0g Added Sugars **0%**

**Protein** 15g

Vitamin D 0mcg **0%**

Calcium 211mg **15%**

Iron 3mg **15%**

**Potassium** 321mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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