

Cauliflower Mac and Cheese

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 7

Prep: 10 minutes | **Cook:** 35 minutes

INGREDIENTS

- 1 pound whole wheat pasta (like rotini or elbow macaroni)
- 8 cups water
- 2 cups cauliflower, cut in small pieces
- 1 ½ cup non-fat or low fat milk
- 1 teaspoon garlic salt
- 1 cup flour
- ¼ cup cooking oil
- 1 cup low-fat cheese

DIRECTIONS

1. Fill a pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water, bring to a boil.
3. Place cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Place the cooked cauliflower, ½ cup milk and garlic salt in a blender and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.



Nutrition Information

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<i>Serving Size 1/7 of recipe</i>	
Calories	409
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	4 mg
Sodium	136 mg
Carbohydrates	66 g
Dietary Fiber	6 g
Sugar	0 g
Protein	18 g

Recipe source:
Adapted from Michigan State
University Extension