

Cauliflower Mac and Cheese

Ingredients:

Yield: 6 servings

- 12 ounces whole grain elbow macaroni
- 1 head cauliflower, roughly chopped
- 4 slices multigrain bread, torn (or use whole wheat bread crumbs)
- ½ cup fresh parsley, chopped
- 3 tablespoons olive oil
- Kosher salt and black pepper
- 1 onion, finely chopped
- 1½ cups grated extra-sharp cheddar (6 ounces)
- 1½ cups reduced-fat sour cream
- ½ cup 1% milk
- 1 tablespoon Dijon mustard

(continued)

Directions:

1. Heat oven to 400° F. Cook the pasta according to the package directions, adding the cauliflower during the last 3 minutes of cooking time; drain.
2. Meanwhile, pulse the bread in a food processor until coarse crumbs form. Add the parsley, 2 tablespoons of the oil and ¼ teaspoon each salt and pepper; pulse to combine.
3. Return the pasta to the pot at medium heat and add the remaining tablespoon of oil. Add the onion, ¾ teaspoon salt and ½ teaspoon pepper and cook, stirring occasionally until soft, 3-5 minutes.
4. Mix in the pasta and cauliflower and the cheese, sour cream, milk and mustard.
5. Transfer to a shallow 3-quart baking dish, sprinkle with the bread crumbs.
6. Bake until golden brown, 12-15 minutes.

Nutrition Info: (per serving)

Calories: 355 • Fat: 24g

Sodium: 479mg • Carbohydrates: 22g

Fiber: 3g • Protein: 13g

Modified from: www.realsimple.com



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