

Cauliflower Mac and Cheese

15 Servings • 1 Serving = 1 Cup

Tips on Cauliflower



How To Store

Store cauliflower in a plastic bag in the refrigerator with the stem side down.



How To Use

Roast with garlic and oil or mash into mashed potatoes.



Health Benefits

Heart health & promotes healthy cholesterol levels & lowers risk of some cancers

INGREDIENTS

- 2 small cauliflower, roughly 2# trimmed
- 1 large yellow onion, diced
- 3 large garlic cloves, minced
- 4 Tablespoons olive oil, divided
- 1# whole wheat elbow macaroni
- 1 bunch Italian parsley, minced
- 1 cup Panko breadcrumbs
- 1 ¼ cup grated parmesan cheese, divided
- 2 teaspoons Dijon mustard
- 1 ½ cup cheddar cheese
- ¼ teaspoon cayenne pepper
- 2 Tablespoons nutritional yeast
- 1 cup plain, nonfat Greek yogurt
- 2 cups 1% milk
- 1 teaspoon salt

DIRECTIONS

- Preheat oven to 400°F. Wash and separate cauliflower florets from the stem and add to a large mixing bowl.
- Dice onion, mince garlic and add to the cauliflower along with three tablespoons of olive oil. Mix well and pour onto a baking sheet. Bake for 30 minutes, stirring half-way to evenly roast.
- Cook pasta according to package instructions. Once cooked, drain and set aside in a large mixing bowl.
- Finely mince parsley. Add half to the cooked pasta, reserve remaining.
- Breadcrumb topping: combine panko with remaining parsley, ¼ cup parmesan and one tablespoon olive oil.
- Once roasted, divide the cauliflower-onion mixture. Put half in the bowl with the cooked pasta and the rest in a blender with the Dijon mustard, cayenne, nutritional yeast, yogurt, milk, 1 cup parmesan, 1 cup cheddar and salt. Blend until creamy.
- Turn oven down to 350°F. Place cooked pasta mixture into a large oven-safe baking dish. Pour blended sauce on top, along with the remaining ½ cup cheddar cheese and breadcrumb topping.
- Bake for 20 minutes and broil for 1-2 minutes or until golden brown.

Nutrition Facts

8 servings per container
Serving size 1 cup (310g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 490mg	21%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 314mg	25%
Iron 2mg	10%
Potassium 575mg	10%

*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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