

Cauliflower Mac and Cheese

INGREDIENTS:

- 1 lb. penne pasta (wheat)
- 1 cup milk (2% or skim milk)
- 1 lb. shredded cheddar cheese
(or a mixture of your favorite melting cheeses)
- 1/2 head cauliflower, cut into florets
- 1/4 cup parmesan cheese
- 1 to 3 tablespoons chopped parsley
- Salt and pepper to taste

DIRECTIONS:

Bring salted water to a boil and cook pasta until al dente. In the meantime, cook the cauliflower until soft and transfer to a blender to puree.

In a medium sized pan, transfer cooked pasta and pour the cauliflower puree in. Add the milk, cheese and season to taste.

Sprinkle with chopped parsley.

Serve immediately.

Serve 4 or more.

