

# Cauliflower Mac and Cheese

**Makes:** 4 Servings

Straight from the White House kitchen to you! Try this classic dish with the addition of cauliflower for a healthy twist.

## Ingredients

- 1 pound** penne (wheat)
- 1 cup** milk (2% or skim)
- 1 pound** shredded cheddar cheese
- 1/2** head cauliflower florets
- 1/4 cup** Parmesan cheese
- 1 tablespoon** chopped parsley
- salt and pepper to taste

## Directions

1. Bring salted water to a boil and cook the pasta until al dente. In the meantime, cook the cauliflower until soft and transfer in a blender to puree.
2. In a medium sized pan, transfer the pasta and pour in the cauliflower puree.
3. Add the milk, cheese and season to taste.
4. Sprinkle chopped parsley.
5. Serve immediately.

## Notes



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>608</b>	
Total Fat	28 g	43%
Protein	34 g	
Carbohydrates	61 g	20%
Dietary Fiber	7 g	28%
Saturated Fat	17 g	85%
Sodium	754	31%

## MyPlate Food Groups

Vegetables	1/2 cup
Grains	3 ounces
Dairy	2 1/4 cups

Serves 4 or more.