

Mac and Cheese

Makes: 6 Servings

Ingredients

12 ounces Whole grain macaroni
12 ounces low-fat milk
4 ounces cream cheese
1 small head Cauliflower heads (untrimmed)
3 ounces Heavy cream
4 ounces cheddar cheese
2 1/4 ounces Parmesan cheese
1/2 tablespoon dry mustard
a pinch of Nutmeg
1 1/2 pounds carrots
1 1/2 ounces vegetable oil
2 tablespoons honey
1 head of Broccoli

Directions

1. To make the pasta: Boil 3 quarts of water and add 1 teaspoon of salt. Cook pasta for 5 minutes or al dente, stirring occasionally. Drain well & rinse.
2. To make cauliflower puree: Trim florets. Bring water to boil, add cauliflower, cover, and cook for 8-10 minutes or until tender. Do not drain. Puree until smooth.
3. To make cheese sauce & cauliflower puree: In large stock pot on low heat, add milk, cream cheese, and heavy cream; stir until smooth. Add cheddar, parmesan cheese, nutmeg, and dry mustard. Fold in cauliflower puree. Whisk until smooth and add salt and pepper to taste.
4. To make roasted carrots: Peel and trim carrots and cut into 2-inch pieces. Mix honey into oil. Toss carrots in oil mix; add salt and pepper (1/2 tsp salt, pinch of pepper). Roast in 300° oven for 40 - 50



minutes on a sheet pan.

5. To make broccoli: Trim broccoli and bring water to a boil. Add broccoli, cover, cook for 8 - 10 minutes, and drain.
6. Mix pasta, warm cheese sauce, carrots and broccoli - and serve.