Nutrition Facts: 340 calories, 16g fat, 8g saturated fat, 380mg sodium, 31g carbohydrates, 3g fiber, 20g protein

American Classics

TRANSAMERICA INSTITUTE®

**HEALTHIER TRADITIONS COOKBOOK** 

## Ingredients

- 2½ cups whole wheat elbow macaroni, uncooked
- ½ small head cauliflower, leaves and core removed (or ~1½ cups cauliflower florets)
- 2 tablespoons olive oil, divided
- 1 cup nonfat plain Greek yogurt
- 1 cup nonfat (skim) milk
- 1 cup part-skim ricotta cheese
- 1-2 teaspoons Dijon mustard
- salt and pepper
- dash of nutmeg
- 1 cup part-skim shredded mozzarella cheese
- 1½ cups shredded sharp cheddar cheese

## Directions

- **1.** Preheat oven to 375°F. Grease a 9-inch round or square baking pan by lightly brushing with 1 tablespoon of olive oil.
- 2. Cook macaroni according to package instructions, but leave slightly undercooked, chewy when tasted ("al dente"). Drain and set aside.
- 3. In food processor, pulse cauliflower until size of small, rice-like pieces. Place cauliflower in medium, microwave-safe bowl and loosely cover with towel. Microwave ~1-2 minutes until just begins to soften. Set aside.
- 4. In separate bowl, whisk together yogurt, milk, ricotta, mustard, spices, ¾ cups mozzarella, and 1½ cups cheddar (reserving ½ cup cheddar and ¼ cup mozzarella for topping).
- 5. Stir cooked macaroni and cauliflower into cheese mixture. Pour into greased pan. Top with remaining ¾ cup cheese and drizzle with remaining 1 tablespoon of olive oil. Bake uncovered for 30 minutes, until cheese bubbles and browns. Let cool ~15–20 minutes before serving.

