## CAULIFLOWER **ALFREDO**

## Ingredients

- 12 ounces whole grain or legume-based pasta
- 4 cups cauliflower, cut into florets
- 2 tablespoons extra virgin olive oil, plus a small amount for pasta

283 calories | 7g fat | 1g saturated fat | 111mg sodium | 49g

- 4 garlic cloves, chopped
- <sup>1</sup>/<sub>2</sub> cup whole milk
- <sup>1</sup>/<sub>4</sub> cup shredded Parmesan cheese
- 1/8 teaspoon fine sea salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon red pepper flakes
- <sup>1</sup>/<sub>4</sub> cup fresh parsley, finely chopped

## **Directions**

- **1.** In a large pot of boiling water, cook pasta according to package instructions. Then turn off heat, drain pasta (keeping 1 cup of pasta water), add pasta back to pot, and stir in a drizzle of olive oil to prevent sticking. Cover pot with lid.
- 2. Meanwhile, steam cauliflower florets until soft, about 15 minutes.
- 3. Add oil to a large skillet over medium heat. Add garlic and cook until fragrant, about 1 minute. Combine garlic, cooled cauliflower, whole milk, Parmesan, salt, pepper, and red pepper flakes in food processor or large blender. If the sauce is too thick, add reserved pasta water, 1 tablespoon at a time.
- 4. Over low heat, add sauce to cooked pasta and toss until coated. Remove from heat, garnish with parsley, and serve immediately.

carbohydrate | 4q fiber | 2q sugar | 9q protein

SERVES 6

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**45 MINUTES** 

HEALTHIER TRADITIONS COOKBOOK™

