

Creamy Cauliflower Mac n' Cheese



Prep Time: 10 minutes
Cook Time: 25 minutes



Servings: 6 servings
Cost/Serving: \$1.95



Equipment

- Blender
- Box grater
- Can opener
- Cutting board
- Colander
- Knife
- Large pot
- Measuring cups
- Measuring spoons
- Large casserole dish (9x13-inch)
- Large pot
- Spatula
- Slotted spoon or small strainer

Ingredients

1 bag	(500 g)	Frozen cauliflower
2 each		Medium carrots, roughly chopped into 1-inch pieces
1 can	(540 mL)	Cannellini beans, drained and rinsed
1 lb	(450 g)	Macaroni pasta, dry
2 cloves		Garlic, peeled and lightly smashed
1 tbsp	(15 mL)	Onion powder
2 tbsp	(30 mL)	Dijon mustard
1 tsp	(5 mL)	Salt
1 tsp	(5 mL)	Black pepper
2 cups	(500 mL)	Old cheddar cheese, grated
1 tbsp	(15 mL)	Dried chives



Directions

1. Bring large pot of water to boil over medium-high heat. Add cauliflower, carrots and beans. Simmer 5 minutes.
2. Using slotted spoon or small strainer, transfer cauliflower, carrots and beans to blender. Add 1.5 cups (375 mL) of cooking liquid, along with garlic, onion powder, mustard, salt and pepper. Cover and puree until smooth and creamy, adding water if necessary.
3. Meanwhile, return pot of water to rapid boil, over medium-high heat. Add pasta and cook according to package instructions, or until the pasta is just tender, about 5-8 minutes. Remove from heat and drain using colander.
4. Transfer drained pasta back into large pot. Pour vegetable puree over pasta, along with cheese and chives. Using a spatula, stir to combine.
5. Transfer macaroni mixture to 9x13-inch casserole dish. Broil on high for 4-5 minutes, or just until golden on top!



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Tips

- 1) If you don't have fresh garlic, substitute 1 tsp (5 mL) garlic powder. Feel free to sprinkle in some red pepper flakes for a spicy kick!
- 2) To save money, buy block cheddar cheese and grate yourself with a box grater.
- 3) For extra zing, add more Dijon mustard.



Nutrition Facts Valeur nutritive

Per 1 1/2 cups (400 g)
pour 1 1/2 tasses (400 g)

	% Daily Value*
	% valeur quotidienne*
Calories 520	
Fat / Lipides 14 g	19 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 75 g	
Fibre / Fibres 10 g	36 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 24 g	
Cholesterol / Cholestérol 35 mg	
Sodium 970 mg	42 %
Potassium 300 mg	6 %
Calcium 300 mg	23 %
Iron / Fer 4 mg	22 %

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



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