



Cauliflower Mac and Cheese

- 1 lb. penne (wheat)
- 1 cup milk (2% or skim)
- 1 lb. shredded cheddar cheese
- ½ head cauliflower florets
- ¼ cup parmesan cheese
- 1 tablespoon chopped parsley
- salt and pepper to taste

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.

In a medium sized pan, transfer the pasta and pour the cauliflower puree in. Add the milk, cheese and season to taste.

Sprinkle chopped parsley.

Serve immediately.

Serves 4 or more.