

Hidden CAULIFLOWER Mac and Cheese



Serves: 4



Total Time:
25 minutes



Estimated Cost:
\$3.50

Ingredients

- 12 oz elbow macaroni
- 2 cups cauliflower florets
- 1 cup shredded cheddar
- 1 cup milk
- 2 tbsp butter
- 1 tbsp flour
- Salt and pepper

Instructions

- 1 Boil cauliflower until very soft, about 10 minutes. Drain and blend with milk until completely smooth.
- 2 Cook pasta according to package directions.
- 3 In the same pot, melt butter, whisk in flour, then pour in the cauliflower-milk mixture. Stir over medium heat until thickened.
- 4 Remove from heat, stir in cheddar until melted. Add pasta, season, and serve.

