# Cauliflower Alfredo

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*Creamy, velvety sauce with intense garlic flavor and low fat content*



**Yield:** 5 servings

**Ingredients:**

2 cups vegetable broth

1 head cauliflower

1 Tbsp butter

6 cloves garlic, chopped

1 pound whole wheat pasta

1 cup starchy pasta water

¼ tsp salt

¼ tsp pepper

1 Tbsp olive oil

¼ cup heavy cream

**Method of Preparation:**

1. Bring vegetable broth to boil over medium-high heat. Core cauliflower and cut into medium size florets; add to broth. Cook until soft, about 15 minutes.
2. Meanwhile, melt butter in large sauté pan over medium heat. Add garlic and sauté 4-5 minutes, or until soft.
3. Meanwhile, bring large pot of water to boil and cook pasta according to package directions. Reserve some of starchy water to add to sauce later.
4. Puree cauliflower with 2 cups broth in blender or with beater. Add garlic, salt, and pepper. Puree until smooth, about 5 minutes. Stream olive oil into blender, adding more broth or water if mixture is too thick. Once smooth, transfer back to sauté pan.
5. Add cream and cook over low heat. Add starchy pasta water and keep warm until ready to serve. Combine noodles and sauce in large pot and serve.

**Nutritional Analysis:** Per serving

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| --- | --- | --- | --- | --- | --- |
| Calories: | 434 kcal | Fiber: | 9.4 g |  Calcium: | 59 mg |
| Total Fat: | 10.3 g | Cholesterol: | 14 mg | Iron: | 3 mg |
| Saturated Fat: | 3.4 g | Vitamin D: | 5 mcg | Sodium: | 473 mg |
| Protein: | 14.5 g  | Potassium | 614 mg |
| Carbohydrates: | 71.5 g |  |  |  |  |
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