

# SPRING FLAVOR



## Cauliflower “Alfredo” and White Bean Fettuccine

A cup of raw cauliflower is a measly 25 calories, but it packs a nutritional punch of vitamins, minerals, fiber and antioxidants. Experiment beyond the steamed side and prepare cauliflower in a variety of healthful ways like roasted, sautéed, mashed or pureed. With its mild flavor and white color, cauliflower can be used as a substitute for other ingredients for a unique twist or to lighten a dish, like in this recipe for traditionally decadent, but calorie-laden fettuccine alfredo.

**SERVES:** 4 with potential for leftover sauce

### INGREDIENTS:

<b>½ head</b>	Cauliflower, chopped into florets	<b>1-1¼ cup</b>	Low-fat milk (or chicken broth)
<b>8 oz.</b>	Whole-wheat fettuccine or other noodle	<b>1 15-oz. can</b>	Cooked white beans, drained and rinsed (unsalted preferred)
<b>2 cups</b>	Vegetable of choice (leftover cauliflower, spinach, broccoli, etc.)	<b>¼ cup</b>	Parmesan cheese, grated
<b>2 tbsp.</b>	Olive oil, divided	<b>½ cup</b>	Chopped fresh basil
<b>1 small</b>	Onion, diced	<b>To taste</b>	Salt and pepper
<b>2-4 cloves</b>	Garlic, minced	<b>¼ tsp.</b>	Red pepper flakes

## DIRECTIONS:

1. Fill a large pot half-way with water and bring to a boil. Add cauliflower and cook until tender (about 5-10 minutes), drain and set aside.
2. Cook pasta according to package instructions. With a few minutes left, add additional vegetables to cook until just tender or steam separately. Drain and set aside.
3. Meanwhile, heat 1 tbsp. oil over medium heat, add onion and cook until translucent (3-4 minutes). Reduce heat slightly and add garlic, stirring to avoid burning about 1 minute longer.
4. In a blender or food processor, add cooked cauliflower, onions, garlic, 1 cup milk or broth, 1 cup white beans, 1 tbsp. olive oil, cheese, basil and seasonings. Blend until smooth. If you prefer a thinner sauce, add more milk or broth by the tablespoon until you reach desired consistency.
5. Toss cooked pasta and vegetables with sauce and remaining beans. Garnish with additional chopped basil, pepper and red pepper flakes to taste. Divide among plates and enjoy!

## ALTERNATIVES:

- Vary the herbs and seasonings and experiment with different pureed vegetables for the sauce.
- Roast cauliflower in the oven with 1 tsp. of olive oil, garlic, black pepper and balsamic vinegar.
- Enjoy raw cauliflower with cucumber, broccoli, celery and radishes with hummus or salsa for a light snack or side.
- Food process chopped cauliflower until it is a fine, rice-like consistency, cook until just tender with other veggies like onion and garlic, season and use as a substitute for a grain.
- Mash cooked cauliflower with  $\frac{1}{2}$  boiled potatoes you normally use for a lighter mashed potato dish.

