

# Cauliflower Mac and Cheese

## Ingredients

- 1 **pound** penne pasta
- 1 **cup** 2-percent or skim milk
- 1 **pound** shredded cheddar cheese
- 1/2 **head** cauliflower, cut into florets
- 1/4 **cup** parmesan cheese
- 3 **tablespoons** chopped flat-leaf parsley
- Salt and pepper **to taste**
- 1 **tablespoon** melted butter
- 1/2 **cup** bread crumbs

## Directions

Preheat the oven to 350°F.

Bring salted water to a boil and cook the pasta until al dente.

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## Directions

Preheat the oven to 350°F.

Bring salted water to a boil and cook the pasta until al dente.

Steam the cauliflower until soft, yet firm, about 5 minutes.

In a medium size casserole dish, combine the pasta and hot cauliflower. Add the milk, both cheeses, parsley, and season with salt and pepper to taste.

In a small bowl, mix the butter and breadcrumbs with your fingers until it resembles damp sand. Sprinkle across the top of the pasta mixture, then place the dish in the oven for about 20 minutes until the top is crispy and the sauce is bubbling.



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