



Cauliflower Mac n Cheese

Ingredients:

- 4 cups cauliflower florets
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 4 tablespoons cream cheese, softened
- ¾ cup shredded cheddar cheese
- 2 tablespoons parmesan cheese, grated
- Parsley

Instructions:

1. Cut cauliflower into small florets.
2. In a large pot, boil 6 cups of salted water. Add cauliflower and boil for about 5 minutes or until tender. Drain.
3. Return cauliflower to the pot over low heat.
4. Add a pinch of salt and pepper, garlic powder, paprika and stir to coat. Stir in cream cheese, cheddar cheese and Parmesan until melted and combined.
5. Remove from heat and garnish with fresh chopped parsley.
6. Serve immediately

Prep Time: 10 minutes

Cooking Time: 10 minutes

Equipment:

- Knife
- Cutting board
- Spread knife

Servings: 3

Serving Size: 1/2 cup



Nutrition Facts:	170	13g	7g	7g	8g	2g
	Calori	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	es,					
	3g	550mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- Add parmesan cheese on top
- Reduce amount of cheese and add non fat milk to keep it creamy

Nutrition Facts: 170Calori es, 13g Fat, 7g Saturated Fat, 7g Carbohydrates, 8g Protein, 2g Fiber, 3g Sugar, 550mg Sodium.

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