

Cauliflower Alfredo Pasta

W/ Everything Seasoning

Serves: 5

Ingredients:

- 1 lb of spaghetti or fettuccini
- A small to medium head of cauliflower
- ½ cup grated parmesan cheese
- ¼ cup mozzarella cheese (shredded, this is optional, add if you want extra cheesy flavor.)
- 2 cups of pasta water reserved
- Salt and pepper
- ½ white or yellow onion small dice
- 2 cloves of garlic.
- Splash of half and half
- 1 tbsp butter
- 1 tsp olive oil.

Directions:

1. In large saucepot fill with water and salt generously. Bring to a boil and cook your desired pasta according to the time requirements on the back of package.
2. Cut cauliflower head into large sections (1 quarter mine) and add to the pasta water and allow it to cook alongside the pasta. The pasta cook time should be just enough to cook both the pasta and the cauliflower to the correct consistency.
3. Once cooked through, use your tongs and remove the pasta from the water and place in the strainer/colander. Once you have removed all of the pasta, take out the cauliflower and place in blender. Add one cup of pasta water and reserve another cup or two to work with later.
4. Puree the cauliflower, garlic and pasta water until thick and creamy.
5. Dump remaining water down the drain and return pot to medium heat. Add butter and olive oil to pan, once heated through add onion and cook until softened. Reduce heat to low and add the puree, thin out with a cup of pasta water.
6. Add cheese and stir until everything is well combined and smooth. Season with salt and pepper to taste. Add pasta to the sauce and allow to coat throughout. Thin out with remaining pasta water if needed.
7. Finish with everything seasoning and enjoy!

Nutrition Information (per 1/5 recipe):

Calories: 470 Fat: 9.5 g Carbs: 71.3 g Protein: 17.8 g Fiber: 5.9 g Sodium: 350 mg