

You'll never miss the "mac" in this delicious Cauliflower Mac and Cheese dish! Cheesy, buttery, ooey, gooey, and comforting, this recipe is a great way to get a serving of veggies, and your pasta fix without the heavy carbs.

### **INGREDIENTS:**

- 6-8 cups cauliflower - chopped into 1-inch pieces (roughly 1 1/2 heads of cauliflower)
- 2 tablespoons butter
- 3 tablespoons flour
- 2 cups whole milk
- 1 1/2 teaspoons salt
- 1/4 teaspoon cracked black pepper
- 1/2 teaspoon garlic powder
- 2 cups shredded sharp cheddar cheese - 8 ounces, see note



### **INSTRUCTIONS:**

1. Preheat oven to 375 degrees.
2. Fill a microwave-safe bowl with 1 inch of water. Add cauliflower to the bowl and microwave on high for 8 minutes. Drain and set cauliflower aside.
3. In a large saucepan, melt butter over medium heat.
4. Stir in flour for about 3 minutes.
5. Gradually whisk in the milk, a little at a time, until completely incorporated and mixture is thick and smooth.

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6. Remove from heat, salt, pepper, stir in garlic powder, and shredded cheese until melted and completely incorporated and smooth.
7. Stir in cauliflower. Transfer to a 9×13-inch baking dish.
8. Bake for 25 minutes until cheese is bubbly and begins to brown. Switch to BROIL for 2-4 minutes to brown the top a bit more.
9. Dish will be hot! Allow to cool slightly before serving.

#### Notes:

For the cheese: DO NOT use pre-shredded cheese! Pre-shredded cheese has a special coating to keep it from all clumping together in the package and this coating keeps it from melting properly in the sauce, it will end up grainy.

\*You can swap out some or all of the cheese for another kind..  
Try half white cheddar and half pepper jack for a bit of a kick!

### **NUTRITION:**

Calories: 243 kcal, Carbohydrates: 12 g, Protein: 14 g, Fat: 16 g, SaturatedFat: 10 g, Cholesterol: 48 mg, Sodium: 886 mg, Potassium: 454 mg, Fiber: 2 g, Sugar: 6 g, Vitamin A: 517 IU, Vitamin C: 48 mg, Calcium: 392 mg, Iron: 1 mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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