



Cauliflower Alfredo Sauce

Serves 4-6

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) to provide CREATE Culinary Training Program where she develops and teaches an intensive culinary curriculum for inspiring food entrepreneurs. She also provides CCGB's network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama's Let's Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens and making eating healthy a lifestyle.*

Ingredients:

1 head of cauliflower, broken into florets
1 cup or so of low-sodium chicken broth or water
3 cloves garlic, smashed
½ cup of 2% milk
¼ cup grated Parmesan cheese
3 tablespoon chopped fresh parsley or 1 tablespoon or dried Italian seasoning
1 lemon zest
1 box of fettuccine or spaghetti
Salt and pepper, to taste

Directions:

1. Place cauliflower, garlic and a pinch of salt in a pot and cover with cold water. Bring to a boil over medium-high heat and cook until tender, approximately 25-30 minutes. Set aside to cool.
2. Remove cauliflower and garlic from water. Reserve cooking liquid. Place cauliflower and garlic in a food processor or blender. Puree cauliflower, adding reserved cooking liquid to create a smooth, creamy sauce. Remove from blender or food processor. Season with salt and pepper and reserve.
3. Meanwhile, bring a large pot of water to a boil. Add 1 tablespoon of salt and add pasta. Cook until al dente according to package instructions. Drain pasta, but reserve about 1 cup pasta cooking water.
4. Heat cauliflower puree and milk and bring to a simmer. Cook until slightly thickened, 5 minutes. Stir in peas or broccoli if using and heat through for 2-3 minutes. Add the cooked pasta and about ¼ - ½ cup of pasta water. Mix well until all noodles are coated, but the sauce is still loose.
5. Remove from the heat. Add parmesan cheese, parsley and lemon zest. (If the sauce seems thick, add some of the remaining pasta water). Serve immediately and enjoy!

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