



Cheesy Pasta and Cauliflower

Number of servings: 5

Serving size: 1 cup

Equipment:

2-1 quart pots

Ingredients:

8 ounces whole grain pasta
 ½ head of cauliflower, chopped into small pieces
 3 ounces extra sharp cheddar cheese, grated or cubed
 3 ounces Monterey Jack cheese, grated or cubed
 1 large egg
 12 ounce can fat free evaporated milk
 2 teaspoons cornstarch
 1 Tablespoon spicy brown mustard
 ½ teaspoon garlic powder
 ½ teaspoon black pepper
 1 pinch cayenne pepper

Directions:

Cook the noodles according to the package directions. Cook the cauliflower with the pasta, in the same boiling water. Drain and set aside. In a large pan on the stovetop, combine milk, egg, cornstarch and cook over LOW heat stirring frequently for about 15 minutes until well thickened. Turn off heat and add the cheese, mustard and spices. Stir until cheese is melted and the sauce is well mixed. Add the pasta and cauliflower and stir to combine.

Cost per recipe: \$6.00

Cost per serving: \$1.20

MyPlate servings: 2 servings of grains, ½ servings of vegetables, 1 1/3 servings of dairy

Nutrition Facts

Serving Size 1 cup
 Serving Per Container 5

Amount Per Serving

Calories 348

% Daily Values*

Total Fat 9g		14%
Saturated Fat 5g		25%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 2g		
Cholesterol 61mg		20%
Potassium 466mg		13%
Sodium 346mg		14%
Total Carbohydrate 46g		15%
Dietary Fiber 5g		20%
Sugars 12g		
Protein 24g		48%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>