



Cannellini beans and cauliflower replace the traditional cream and butter base of this alfredo sauce. This substitution increases the nutrient density of the alfredo by adding a serving of veggies, extra fiber, protein, vitamins and minerals while still keeping its characteristic rich, creamy texture. This recipe can also be made with or without dairy, which is perfect for vegans and those with allergies or intolerances to lactose.

Yield: 16 - ½ cup servings (I use ½ of this recipe per pound of pasta and freeze the remaining portions)

Timing: Prep Time = 45 minutes

Total Time = 1 ½ hours



Ingredients

8 cups cauliflower florets, roughly chopped (about 24 ounces or 1 head large head of cauliflower)

Salt and pepper to taste

3 tablespoons olive oil (divided)

2 small shallots, roughly chopped

2-3 cloves of garlic, sliced or roughly chopped (adjust according to preference, I often use much more than this)

2 (15.5 cans) cannellini beans (drain one and reserve liquid from the second)

½ cup vegetable stock (okay to use alternative stock if you're not making the recipe vegan)

½ cup almond, soy or alternative plant based milk (okay to use regular milk if you're not making the recipe vegan, whole milk preferred)

1 teaspoon mild chili powder

¼ teaspoon nutmeg

8 ounces vegan parmesan cheese (okay to use regular parmesan cheese if you're not making the recipe vegan)

1 cup sundried tomatoes *

1 pound pasta of choice, prepared according to package directions (I have celiac disease and so use gluten free pasta, usually chickpea or brown rice. However, feel free to use whichever pasta you like. For some extra fiber, vitamins, minerals, I recommend looking for "100% whole grain" on the packaging if you're opting for a wheat based pasta).

* Okay to add and/or substitute any mix-ins of your choice; spinach, broccoli, zucchini, additional protein (grilled, baked or marinated tofu works well if you're making the recipe vegan. Grilled or blackened shrimp, salmon or chicken work well if you're not.), mushrooms (chanterelles are my favorite for this dish), olives, etc.

Method of Preparation (Instructions)

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with tin foil or parchment paper and set aside.
3. Add cauliflower to a large mixing bowl, add 1 tablespoon of olive oil, salt and pepper and toss to combine.
4. Transfer cauliflower to baking sheet and roast until cauliflower has softened and begun to brown, about 15 minutes.
5. Remove cauliflower from oven and allow to cool.
6. While the cauliflower is roasting, heat a small saute pan with 1 tablespoon of olive oil over medium heat.
7. Add the shallots and garlic and saute until slightly softened and aromatic, about 3-5 minutes.
8. Remove pan from heat and allow shallots and garlic cool.
9. Once the cauliflower, shallots and garlic have cooled, add them to a blender or food processor (or large bowl if using an immersion blender) with beans, stock, milk, chili powder, nutmeg and last tablespoon of olive oil.
10. Blend until ingredients are completely pureed and smooth. If you're using a smaller blender, you may need to work in batches. If so, simply add ½ of each ingredient to the blender at a time, transferring to a large mixing bowl in between batches.

11. Heat a large dutch oven or pot over medium heat and add bean and cauliflower mixture.
12. Allow the mixture to begin to simmer while stirring regularly to prevent the bottom from scalding.
13. Once the mixture has heated through and slightly thickened, about 15 minutes, add the parmesan cheese.
14. Stir the mixture constantly until all the cheese has melted and the mixture appears uniform.
15. Taste the alfredo sauce and season as desired.
16. While the alfredo is still warm, add roughly 4 cups (about half the recipe*) to 1 pound of pasta (prepared according to package directions).
17. Stir alfredo and pasta together until the pasta is completely coated.
18. Add sundried tomatoes (and/or additional mix-ins) and stir to combine.
19. Enjoy!

* Freeze remaining ½ recipe in an airtight container for up to one month. Defrost in the microwave or on the stove for a super quick, easy and nutritious meal!

Utensils/Equipment Needed

Chef's knife or standard kitchen knife

Baking sheet (22" x 16")

Tin Foil or parchment paper

Oven

Kitchen scale (optional)

Mixing bowl

Measuring cups

Measuring spoons

Vitamix or alternative blender, immersion blender or food processor

Saute pan

Rubber spatula or large spoon

Dutch oven or large pot

Colander

Airtight container