



Cauliflower Fettuccine Alfredo

Servings

2

Calories

980

Prep Time

20 minutes

Total Time

40 minutes

Skill Level

Medium

Ingredients

2 (10 ounces) packages Mann's Organic Cauliflower Florets

¼ cup grated Parmesan cheese

1 tablespoon dried parsley

1 teaspoon salt, divided

½ teaspoon pepper

2 garlic cloves, minced

2 cups whole milk

3 tablespoons extra virgin olive oil

10 ounces fettuccine pasta

fresh parsley and Parmesan cheese for garnish (optional)



The Method

Add Mann's Organic Cauliflower to a microwave safe bowl and microwave for about 4 minutes. Allow to cool for 5 minutes.

While the cauliflower is cooking, boil the pasta according to the directions on the box making sure to add ½ teaspoon of salt to the water.

Add the cauliflower to your food processor along with ½ teaspoon salt, pepper, garlic and milk. Pulse until smooth and set aside.



Cauliflower Fettuccine Alfredo

Add the olive oil to the cooked and drained pasta and toss to combine. Add the sauce over the pasta, and toss. Cook the combined pasta and sauce for five minutes over medium heat.

Add the Parmesan, mix well, and garnish before serving. If the pasta is too thick, add more milk to soften it to your liking.

Nutrition Facts

Serving Size: 708g | Servings: 2

Amount Per Serving

Calories 980 | Total Fat 35g (sat 10g trans 0g) | Cholesterol 35mg | Sodium 1560mg | Total Carbohydrate 134g | Dietary Fiber 6g
Sugars 23g (Includes 0g Added Sugars) | Protein 36g | Vitamin D 0% | Calcium 35% | Iron 35% | Potassium 30%