

# Cauliflower Alfredo Pasta

PREP TIME: 10 MIN | COOK TIME: 20 MIN | SERVINGS: 4

## INGREDIENTS:

- 2 cups pasta, cooked and drained
- 1 head broccoli, chopped into small florets
- 2 medium carrots, sliced into matchsticks
- 1 can white beans, drained and rinsed

*For the sauce:*

- 1 head cauliflower, split into florets
- 3 cloves garlic, peeled
- 1 cup milk (any type)
- Salt and pepper, to taste
- (Optional) Red chili flakes, to taste

## RECIPE NOTES:

- You can substitute beans with another protein of your choice (such as grilled chicken, canned tuna, cooked ground beef/turkey, tofu, tempeh, etc.)
- Feel free to use any vegetables you like - try to include at least 2 different types!

## PREPARATION:

1. *Cook the pasta:* Bring a large pot of salted water to a boil. Add pasta to boiling water and cook according to package instructions.
2. *Make the sauce:* Steam cauliflower in the microwave (use a microwave-safe bowl, add 1/2 cup water, and cook for 2-4 minutes or until soft). Combine all sauce ingredients in a blender and blend until smooth, about 1-2 minutes.
3. *Cook the veggies:* Heat 1 tsp vegetable oil in a pan. Sauté broccoli and carrots until fork tender.
4. *Put it all together:* In a large bowl, combine cooked vegetables, beans, sauce and pasta until evenly mixed.

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