



Cauliflower Mac & Cheeze

By Katie Henry - Produce On Parade

Serves 6

This lightened vegan mac and cheeze made with cauliflower is creamy and rich, and as always the nutritional yeast lends that proper "cheesy" flavor. Notes: For a very saucy dish, add the entire cheeze sauce or save half for later if you prefer.

Ingredients

- 1 lb. dry pasta
- 1 small head of cauliflower (8-12 oz), florets only
- 1 large garlic clove
- 1 cup unsweetened, plain coconut or soymilk
- heaping ¼ cup nutritional yeast
- 1 Tbsp. lemon juice
- ½ Tbsp. liquid aminos or soy sauce
- 1 tsp. kosher salt
- 1 tsp. onion powder
- ½ tsp. chili powder
- ¼ tsp. turmeric
- ¼ tsp. mustard (optional)
- pinch of ground black pepper

Instructions

1. In a large saucepan, bring a pot of salted water to a boil for the pasta. Once boiling, add and cook according to package, then drain.
2. Break apart the cauliflower florets and steam for no more than 10 minutes, until just tender, in an electric or stovetop steamer. Transfer the florets to a blender.
3. Add the remaining ingredients to the blender as well and blend on high for several minutes, until smooth and creamy.
4. Add half or the entire amount of the sauce to the pasta and stir well to combine. Serve hot.