Cauliflower Alfredo with Basil Oil

Ingredients (Serves 6):
* 1/2 cup Basil
* 1/2 cup Parmesan
* 3/8 cup Virgin Olive Oil
* 2 cups Tap Water
* 1 head Cauliflower
* 1 cup White Onion
* 1 lbs. Whole Wheat Penne
  Salt
  Pepper
  Nutmeg

Directions:
Cook noodles al dente.

Boil small cauliflower florets until tender. Sweat diced onion until translucent. Add cauliflower to onions, cover with boiling water and simmer for 5 minutes. Then blend with parmesan cheese.

Blend basil with 1 tbsp oil, a little parmesan, 1 tsp water and season to taste. Toss pasta with cauliflower sauce, drizzle with basil sauce. 

Nutrition facts per 12 oz serving:
456 kcal, 18g fat, 55g carbohydrates, 4g fiber, 19g protein, 335mg sodium

** Recipe provided courtesy of Unidine Corporation**