

the Chef's

healthy choice

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 W.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