



THE ingles TABLE

with Jasmin Queen
Cauliflower Mac and Cheese

Shopping List

- Brown Rice Penne
- Head of Cauliflower
- 1% Milk
- Sharp Cheddar Cheese
- Salt

Cooking Instructions

- 1)** Cook pasta per package directions.
- 2)** While pasta boils, steam the cauliflower until tender.
- 3)** Use hand blender to puree cauliflower, milk, and 8 ounces of cheese until it forms a sauce. Mix with noodles.
- 4)** Set broiler to high.
- 5)** Place mixture in baking dish. Place the remaining cheese on top and broil for about 5 minutes.



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