

Cauliflower Mac and Cheese

John Besh - "My Family Table: A Passionate Plea for Home Cooking"

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Servings: 8

1 pound penne pasta
4 tablespoons butter
1/4 cup all-purpose flour
1 quart 2% reduced-fat milk
1 pinch nutmeg
1/2 teaspoon salt
freshly ground black pepper
1 cup ricotta cheese (preferably fresh)
1/3 cup Swiss cheese, shredded
3/4 cup white Cheddar cheese, shredded
1 cup cooked cauliflower

In a large pot of boiling, salted water, cook the pasta for 12 minutes, uncovered, then drain in a colander.

Preheat the oven to 375 degrees.

Melt the butter in a large saucepan over medium heat. Add the flour and cook, stirring constantly, for about 1 minute. Stir in the milk and bring to a boil. Keep stirring and, when the sauce is well mixed, reduce the heat to a simmer. Add the nutmeg, salt and pepper.

Remove the pan from the heat and stir in the ricotta cheese. Add the pasta and toss well. Stir in the Swiss cheese and half the Cheddar.

Scatter the cauliflower in an ovenproof dish and spoon the pasta and cheese sauce on top. Smooth the top with a spatula and sprinkle on the remaining Cheddar.

Bake 20 to 30 minutes until the cheese is nicely browned.

Per Serving (excluding unknown items): 297 Calories; 8g Fat (24.6% calories from fat); 9g Protein; 46g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 210mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.