

BROCCOLI & CAULIFLOWER MACARONI & CHEESE

INGREDIENTS

- Pinch Salt
- Water
- 1 Broccoli (small head) (trimmed &/or cut into small florets)
- 1 Cauliflower (small head) (trimmed &/or cut into small florets)
- 1 lb Whole-wheat macaroni **OR** gluten-free pasta of your choice
- 2 C Sour cream (reduced-fat) **OR** vegan sour cream
- 1 T Mustard (dijon)
- 1/3 C Chives (fresh)(finely chopped)
- 2 cloves Garlic (peeled) (grated **OR** crushed into paste)
- Hot sauce (a few drops)
- Salt & black pepper (to taste)
- 2 1/2 C Cheddar (grated) **OR** vegan cheddar shreds



DIRECTIONS

- 1 Pre-heat oven to 375 F
- 2 Bring a large pot of salted water to a boil over medium heat
- 3 Add the broccoli and cauliflower florets
- 4 Boil the vegetables for 5 minutes, then remove them with a strainer & drain
- 5 Add the pasta to the water & undercook (by about 2 minutes) & drain
- 6 Combine the sour cream in a large bowl along with the mustard, chives, garlic, hot sauce, salt & pepper
- 7 Add the pasta & cauliflower & 2/3 of the cheese
- 8 Stir to combine, then transfer it to a casserole or baking dish & cover with the remaining cheese
- 9 Put the casserole or dish on a baking sheet & bake on the middle rack
- 10 When it's fully golden & bubbly (about 40 - 45 minutes), it's ready to serve
- 11 Cool & chill for a make-ahead meal

NOTES

Serves 6

