

Sneaky Mac and Cheese

Recipe inspired by Sara Yoo's recipe for Michelle Obama's Mac and Cheese on *Popsugar.com*

Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish*

1 lb. sharp cheddar cheese

¼ cup parmesan cheese

1 bag pasta of choice

1 cauliflower head

1 yellow pepper (optional)

½ cup milk (more can be added if needed)

Salt, pepper and parsley to taste

Dice cauliflower and pepper into small pieces. Steam and then puree in a blender until smooth adding ¼ cup of milk. Meanwhile, cook the pasta according to the directions on the package and strain. Return the pasta to the pot and add the vegetable puree, cheddar cheese, parmesan cheese, and remaining milk. Mix over low heat until the cheese is fully melted. Add the seasoning and mix well. Serve warm.

Servings: 6-8 (\$1.30/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***