


# Creamy Alfredo Mac and Cheese

## Ingredients

- 8-ounces elbow macaroni (about 2 cups)
- 12-ounces cauliflower rice (about 3 1/2 cups) or defrost frozen cauliflower rice
- 1 cup fat-free evaporated milk
- 3 medium garlic cloves
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup grated Parmesan, herbs, chopped scallions, and/or chopped fresh chives (optional)
- Cooking spray



## Directions

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1. Bring a large saucepan of water to a boil. Cook the pasta until tender, about 9 minutes. Drain the pasta.
2. Meanwhile, off heat, coat a large nonstick skillet with cooking spray. Heat over medium heat. Cook the cauliflower and garlic, stirring frequently, until tender, about 4 minutes. Scrape the cauliflower mixture into a blender. Add the milk, salt, and black pepper. Blend until smooth. Add the cheese and continue to blend until well combined,
3. In the skillet, combine the pasta and sauce, stirring well to coat. Cook over medium heat until heated through, about 3 minutes.
4. Garnish with the herbs, scallions, or chives (optional)

