



# Cheesy Chipotle-Cauliflower Mac

## Ingredients *Serves 4*

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|---|--|
| 3 cups cauliflower florets  | ¼ teaspoon salt  |
| 8 ounces whole-wheat fusilli or rotini pasta                      | 1 tablespoon whole-grain Dijon mustard                       |
| 1 cup nonfat milk   | 4 ounces reduced-fat Cheddar cheese, shredded (about 1 cup)  |
| 1 chipotle pepper in adobo, minced, plus 1 tablespoon adobo sauce | 2 ounces part-skim mozzarella cheese, shredded (about ½ cup) |
| 1 tablespoon olive oil  | Ground pepper (optional)                                     |
| ¼ cup finely chopped yellow onion                                 | Paprika (optional)   |
| 2 cloves garlic, minced   |  |
| 4 cups chopped fresh spinach                                      |  |

## Preparation *Total Time: 40 minutes*

**STEP 1:** Place a steamer basket in a large saucepan, add water to just below the basket, and bring to a boil. Add cauliflower to the basket; cover, reduce heat to medium, and steam until very tender, 8 to 10 minutes.

**STEP 2:** Meanwhile, bring a large pot of water to a boil. Cook pasta for 2 minutes less than the package directions. Drain the pasta and transfer to a large bowl.

**STEP 3:** Transfer the cauliflower to a food processor or blender. Add milk, chipotle, and adobo sauce; puree until smooth.

**STEP 4:** Dry the large saucepan. Add oil and heat over medium heat. Add onion and cook until softened and transparent, 2 to 3 minutes. Add garlic and cook until fragrant, 1 minute. Add spinach and cook until lightly wilted, 2 minutes. Reduce heat to medium-low, carefully add the cauliflower mixture and stir to combine. Stir in salt and mustard. Gradually whisk in Cheddar and mozzarella just until smooth, about 1 minute. Remove from heat.

**STEP 5:** Pour the sauce over the pasta and gently stir to combine. Garnish with pepper and paprika, if desired.

## Nutrition *Per Serving*

452 Calories, Total Fat: 15 g, Saturated Fat: 6 g, Cholesterol: 32 mg, Carbohydrates: 58 g, Fiber: 9 g, Total Sugars: 7 g, Protein: 25 g, Sodium: 606 mg, Potassium: 702 mg, Iron: 4 mg, Folate: 148 mcg, Vitamin A: 3161 IU, Vitamin C: 48 mg

**Calcium: 474 mg**

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