

THE CULINARY

Playground



Pumpkin Cauliflower Mac & Cheese

2 cups cooked pasta, whole grain penne works well

1 T butter

1 T flour

1 cup whole milk

1/8 t salt

1/8 t pepper

1/2 cup shredded cheddar cheese

1/2 cup canned pumpkin

1/2 cup roasted cauliflower

2 T Italian breadcrumb

1 T grated parmesan cheese

1/2 t melted butter

Preheat oven 350 degrees.

Melt butter in saucepan. Stir in flour, milk, salt and pepper and cook, stirring often, until bubbly.

Turn off heat and stir in cheddar cheese and pumpkin.

Spray pie pan with cooking spray and add cooked pasta. Add cauliflower to pasta.

Pour sauce on top and stir gently to combine.

In a small bowl, combine breadcrumb and parmesan and stir in melted butter.

Sprinkle breadcrumb mixture on top of pasta. Top pie plate with a piece of foil and bake for 20 minutes. Remove foil and bake another 5-8 minutes to toast breadcrumb.

THE CULINARY PLAYGROUND ~ 16 MANNING ST. DERRY, NH
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