

Cauliflower Alfredo



Cauliflower Alfredo

Ingredients:

Pasta (any type you like, prepared al dente)
1 head of cauliflower, cut into large chunks, greens removed
2 Tbs butter or alternative
1/4 C milk, soy milk or almond milk
1/2 tsp sea salt
Garnishes: bacon, sausage, mozzarella, sun-dried tomato (julienned), chopped basil, chopped arugula, capers, kalamata olives

Boil the cauliflower until very tender - about 8 minutes. Put into a good blender or food processor along with the butter*, milk and salt. Blend on a high setting for at 1-2 minutes until it is very smooth. Serve on top of the pasta.

Photo & recipe by Mat/MadeForJen
<http://madeforjen.blogspot.com/2012/07/cauliflower-alfredo.html>