

Mac & Cheese with Cauliflower & Brussels Sprouts

Servings: 4

INGREDIENTS

Cheese Sauce

- 4 tablespoons butter (1/2 stick)
- 1/4 cup all-purpose flour
- 3 cups reduced-fat milk
- 2 1/2 cups shredded sharp Cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1/2 teaspoon salt

Pasta & Vegetables

- 8 ounces whole-wheat rotini or rigatoni
- 8 ounces Brussels sprouts, trimmed and halved (or quartered if large)
- 3 cups cauliflower florets (1-inch)
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, chopped
- 1/4 teaspoon salt

DIRECTIONS

1. To prepare cheese sauce: Melt butter in a medium saucepan over medium heat. Add flour and whisk constantly until thickened and just starting to turn light brown, 2 to 3 minutes. Slowly add milk, whisking constantly. Cook, stirring often, until the mixture is thick enough to coat the back of a spoon, 10 to 12 minutes. (Do not boil.) Remove from heat and, a handful at a time, whisk in Cheddar and Parmesan until smooth. Stir in 1/2 teaspoon salt. (Reserve 1 1/2 cups for another use.)
2. Meanwhile, prepare pasta & vegetables: Bring a large pot of water to a boil. Add pasta and cook for 4 minutes less than package directions. Stir in Brussels sprouts and cauliflower and continue cooking until the pasta and vegetables are tender, 4 to 5 minutes more. Drain well.
3. Dry the pot and set over medium heat. Add oil and garlic and cook until the garlic is fragrant and just starting to brown, about 1 minute. Add the hot pasta and vegetables and stir to combine. Add 2 1/2 cups of the cheese sauce and salt; reduce heat to medium-low and stir until steaming-hot, about 1 minute. (Do not boil.)

