

## Cauliflower Fettuccine Alfredo

### **Ingredients:**

(Yield: serves 4)

- 1 teaspoon olive oil
- ¼ cup white onion, chopped
- 3 cloves garlic, crushed
- 3 cups cauliflower florets
- 1 cup white beans (*navy, great northern*)
- 1 ½ cups vegetable stock
- 1-2 tablespoons nutritional yeast
- 2 teaspoons lemon juice
- ¼ cup nondairy milk (*almond, cashew, or oat*)
- 1-2 teaspoons sea salt
- 1 teaspoon thyme
- 1lb plant-based pasta or spiralized vegetable (zucchini, squash, sweet potato, etc.)



### **Instructions:**

1. Heat the oil in a medium-sized pot over medium-high heat. Add the onion and let it cook for 3-4 minutes, or until it is soft and translucent. Add the garlic and thyme, allow to cook for 30 seconds. Add the cauliflower and the vegetable stock to the pot, cover with a lid and let the cauliflower steam for 5 minutes, or until it is soft.
2. Transfer everything in the pot to a blender and blend on high until smooth. Add the remaining ingredients (nutritional yeast, lemon juice, sea salt) and blend again. Taste and add more nutritional yeast or salt if needed.
3. Add nondairy milk to thin out if needed or to add more creaminess.
4. Return sauce to pan and let simmer for 5-7min

### **Nutrition Information for Sauce:**

Full recipe: will make approximately 2-2 ½ cups (16-20 oz) serving is ~3 oz:

72 calories, 11 g carb, 3.5 g fiber, 1 g fat, 4.5 g protein



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