

Cauliflower Mac and Cheese

- 1 small head cauliflower, cut into 1-inch florets
- 1 medium sweet potato
- 1 $\frac{3}{4}$ cups low-fat milk
- 1 $\frac{1}{2}$ cups uncooked elbow macaroni
- 1 $\frac{1}{2}$ cups shredded cheddar cheese
- 1 $\frac{1}{2}$ tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 teaspoon dry mustard
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon cooking oil
- $\frac{1}{2}$ teaspoon pepper
- Oil-based cooking spray
- **To taste:** garlic powder or no-salt seasoning
- **Optional toppings:** parsley, cracked or coarse black pepper

Place rack in center of oven and **preheat** to 425 degrees F. **Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Spray** baking sheet with oil, with a fork **prick** the sweet potato and place on one side of baking sheet, **bake 20 minutes. Cook** macaroni according to package directions, **drain** and set aside in colander. In mixing bowl, **drizzle** cauliflower with oil and **season** well with no-salt seasoning; **stir** to coat florets evenly. After 20 minutes of baking, **add** cauliflower in a single layer on the baking sheet next to the sweet potato, **bake** 15 to 20 minutes more until potato is very soft. **Test** with a knife, **remove** from oven. In a saucepan, **melt** butter over low heat. **Add** flour and **stir** constantly 1 to 2 minutes, until smooth. **Stir** in dry mustard, black pepper, salt. **Whisk** in milk, **stirring constantly** over **medium heat** until smooth. When sauce begins to thicken slightly, **add** cheese **stirring** until fully melted. **Remove** skin from baked sweet potato and **mash** until smooth, then **stir into** the cheese sauce. **Place** macaroni and cauliflower into serving bowl, **add** sauce, **mix** well. **Optional: Top** with parsley or cracked or coarse black pepper, **cool** 10 minutes before serving, **sauce will thicken.**

Yield: 6 servings. **Serving size:** 1 cup. **Nutrition Analysis:** 330 calories; 15g total fat; 8g saturated fat; 0g trans fat; 40mg cholesterol; 640mg sodium; 37g carbohydrate; 4g fiber; 7g total sugars; 0g added sugars; 15g protein; 6% DV vitamin D; 25% DV calcium; 4% DV iron; 10% DV potassium.



Kentucky Cauliflower

SEASON: June, September, October, and early November

NUTRITION FACTS: A serving of cauliflower provides 10% of the Daily Recommended Value of folate, 8% of dietary fiber and potassium, and 100% of the recommended amount of vitamin C. It is low in calories and sodium and has no saturated fat or cholesterol.

SELECTION: Choose cauliflower with compact, creamy white curds and bright green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.

STORAGE: Refrigerate cauliflower in a plastic bag up to 5 days.

PREPARATION: Cauliflower is best eaten raw or cooked barely tender and snowy white. If cooked too long, it can be mushy and beige in color.

PRESERVING (Freezing): Break flowerets into pieces about 1 inch across. Wash and blanch 3 minutes in boiling water, chill, and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences

University of Kentucky, Dietetics
and Human Nutrition

Source: Lynn Blankenship,
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