

HEALTHY(ER) ALFREDO SAUCE



Ingredients:

1	Cup	Cauliflower, chopped
1	Cup	Chicken (or Vegetable) Stock
½	Teaspoon	Italian Seasoning
⅛	Teaspoon	Black Pepper
2	Tablespoons	Roasted Garlic
2½	Cups	2% Milk, divided
8	Ounces	Neufchatel Cheese
12	Ounces	Parmesan Cheese, freshly grated

Directions:

1. Place cauliflower in food processor and chop until fine and the texture resembles very small grains of rice – or you can steam it until very soft.
2. Add riced (or steamed) cauliflower to medium sauce pan with chicken stock and simmer until the cauliflower is mushy. Place in a blender with ½ cup of the milk, Italian seasoning, pepper and roasted garlic. Puree until *very* smooth.
3. In a heavy bottomed skillet, whisk together 2 cups of milk and neufchatel cheese. Simmer until the cheese melts. Add the pureed cauliflower mixture and whisk until incorporated.
4. Add the parmesan cheese and whisk until the parmesan is melted. Simmer, whisking occasionally until the mixture is hot, thick and bubbly.