

*Recipes adapted with permission from John Besh's My Family Table: A Passionate Plea for Home Cooking (Andrews McMeel Publishing, 2012).*

## Cauliflower Mac and Cheese

- 1 pound penne pasta
- 4 tablespoons butter
- ¼ cup all-purpose flour
- 1 quart 2 percent reduced-fat milk
- 1 pinch nutmeg
- ½ teaspoon salt
- Freshly ground black pepper
- 1 cup ricotta cheese (preferably fresh)
- ⅓ cup shredded Swiss cheese
- ¾ cup shredded white Cheddar cheese
- 1 cup cooked cauliflower

1. In a large pot of boiling, salted water, cook pasta 12 minutes, uncovered, then drain in a colander.

2. Preheat oven to 375F.

3. Melt butter in a large saucepan over medium heat.

Add flour and cook, stirring constantly, about 1 minute, then stir in milk and bring to a boil. Keep stirring and when sauce is well mixed, reduce heat to simmer. Add nutmeg, salt and pepper.

4. Remove pan from heat and stir in ricotta cheese. Add pasta and toss well, then stir in Swiss cheese and half the Cheddar.

5. Scatter cauliflower in an ovenproof dish and spoon pasta and cheese sauce on top. Smooth top with a spatula and sprinkle on remaining Cheddar. Bake 20 to 30 minutes, until cheese is nicely browned. Serves 8.

*Per serving: 457 calories, 18g fat, 57mg chol., 20g prot., 53g carbs., 2g fiber, 350mg sodium.*