



Creamy Cauliflower Sauce

Recipe Source: pinchofyum.com

Yield: About 5 cups

Serving size: 1 cup

Ingredients:

8 large cloves garlic, minced
2 Tbsp butter (unsalted)
5-6 cups cauliflower florets
6-7 cups vegetable broth or water
1 tsp salt
½ tsp black pepper
½ cup low-fat milk

Steps:

- Sauté the minced garlic with the butter in a large nonstick skillet over low heat. Cook for several minutes or until the garlic is soft and fragrant but not browned (burnt garlic tastes bitter). Remove from heat and set aside.
- Bring the water or broth to a boil in a large pot. Add the cauliflower and cook, covered, 7-10 minutes or until cauliflower is fork tender. Do not drain.
- Use a slotted spoon to transfer the cauliflower pieces to the blender. Add 1 cup of the cooking liquid from the cauliflower, sautéed garlic/butter, salt, pepper, and milk. Blend or puree several minutes until the sauce is very smooth, adding more cooking liquid or milk depending on how thick you want your sauce. You may have to do this in batches depending on the size of your blender.
- Serve hot. If the sauce starts to look dry, add a few drops of water, milk, or olive oil.

Tips from the Test Kitchen: A bit of freshly grated Parmesan cheese adds great flavor! This sauce is delicious on pasta instead of alfredo (especially if you add a dash of ground nutmeg to the sauce), homemade pizza, or even as a substitute for white sauce in casseroles or drizzled on vegetables.

Nutritional Facts (per serving): Calories: 99, Carbohydrates: 11 grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 3 grams, Cholesterol: 13 mg, Sodium: 1152 g, Fiber: 2 grams, Total Sugars: 6 grams.