One-pot Cauliflower Mac and Cheese
Dr. Amy Rowat

Ingredients
One head Cauliflower
Milk or heavy cream
Your favorite type of cheese
Your favorite type of pasta
Salt and pepper to taste

Steps
1. Roughly cut up one head of cauliflower and place in a pot with 2-3 inches of salted water. Cook over medium-high heat until the cauliflower is tender enough to pierce with a paring knife.
2. Place cauliflower in a blender with just enough milk/ heavy cream/ or cooking liquid to puree finely. Add salt and pepper to taste.
3. Grate your favorite type of cheese. Cheddar works well for a classic mac and cheese profile.
   Also delicious: gruyere or parmesan or any combination.
4. Meantime cook your favorite type of pasta. Drain and add as much cauliflower puree to sauce. Toss with grated cheese and serve!

A vegan version works well with whole almonds (if you have a good enough blender) or nut milk plus some soy sauce or nutritional yeast to give a 'cheesy' flavor profile.