

# THE WEEKLY BLURB

## WEEK OF FEBRUARY 1, 2021

### Harvest of the Month Recipe: Cauliflower Shells with Cheese



#### INGREDIENTS:

1 pound whole-wheat pasta shells  
8 cups water  
2 cups chopped cauliflower  
1 1/2 cups milk, non-fat  
1 teaspoon garlic salt  
1/4 cup flour  
1/4 cup vegetable oil  
1 cup cheese, low-fat

#### DIRECTIONS:

1. Fill one pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta. Fill the same pot with 2 cups of water and bring to a boil.
3. Place chopped cauliflower in boiling water and cook until florets are soft (about 4 minutes). Drain cauliflower.
4. Place cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend smooth.
5. In a separate pot, heat oil. Add flour and whisk until smooth. Add 1 cup of milk. Cook the mixture until it bubbles and thickens. Add the cheese and cauliflower. Mix well.
6. Once complete, remove from heat and add pasta back into the sauce and serve.

Servings: 7