

RECIPE HUB

"Creamy" Cauliflower Sauce Nutrient Rich Dishes

Source: pinchofyum.com/creamy-cauliflower-sauce



SERVES:

5



PREP TIME:

15 MINS



COOKING TIME:

15 MINS



CALORIES:

106 CAL

This creamy cauliflower sauce is a hit. Perfect for pasta, pizza, or anything else you might want to cover in white cauliflower creamy deliciousness.

INSTRUCTIONS

- 1. Garlic:** 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 (browned or burnt garlic will taste bitter). Remove from heat and set aside.
- 2. Cauliflower:** Bring the water or vegetable broth to a boil in a large pot. Add the cauliflower and cook, covered, for 7-10 minutes or until cauliflower is fork tender. Do not drain.
- 3. Puree:** Use a slotted spoon to transfer the cauliflower pieces to the blender. Add 1 cup vegetable broth or cooking liquid, sautéed garlic/butter, salt, pepper, and milk. Blend or puree for several minutes until the sauce is very smooth, adding more broth or milk depending on how thick you want the 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.

INGREDIENTS

- 8 large cloves garlic, minced
- 2 tablespoons butter
- 5-6 cups cauliflower florets
- 6-7 cups vegetable broth or water
- 1 teaspoon salt (more to taste)
- 1/2 teaspoon pepper (more to taste)
- 1/2 cup milk (more to taste)

Optional:

Olive oil, or parmesan cheese, for flavour

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