Italian Cauliflower pasta alfredo

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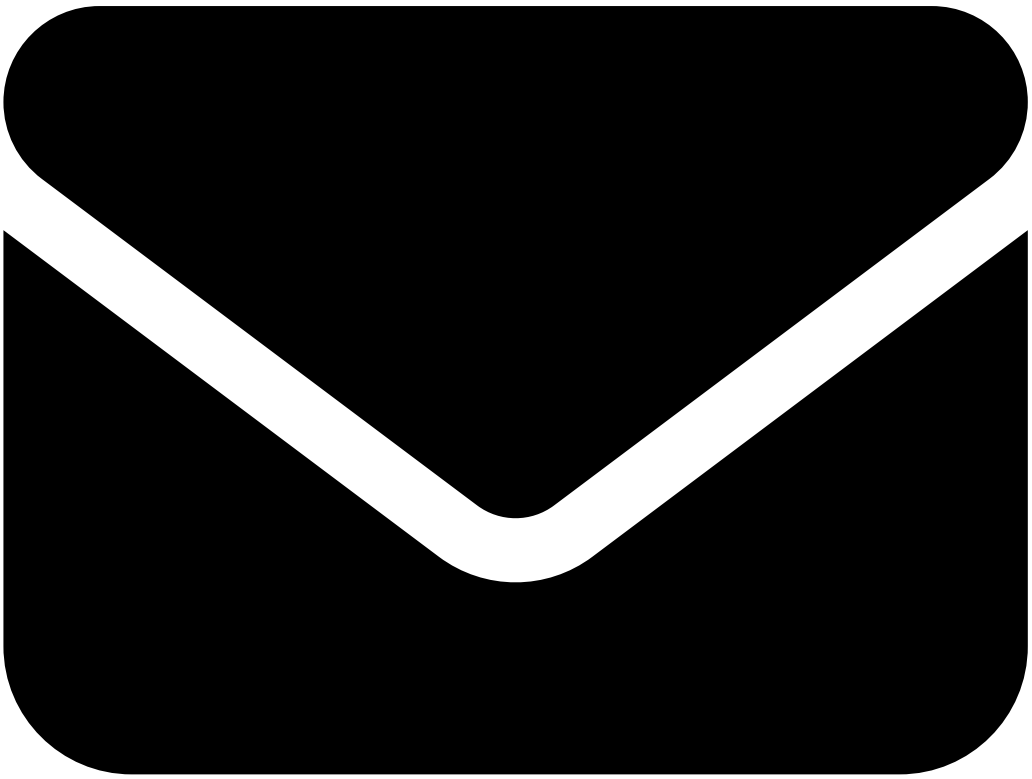




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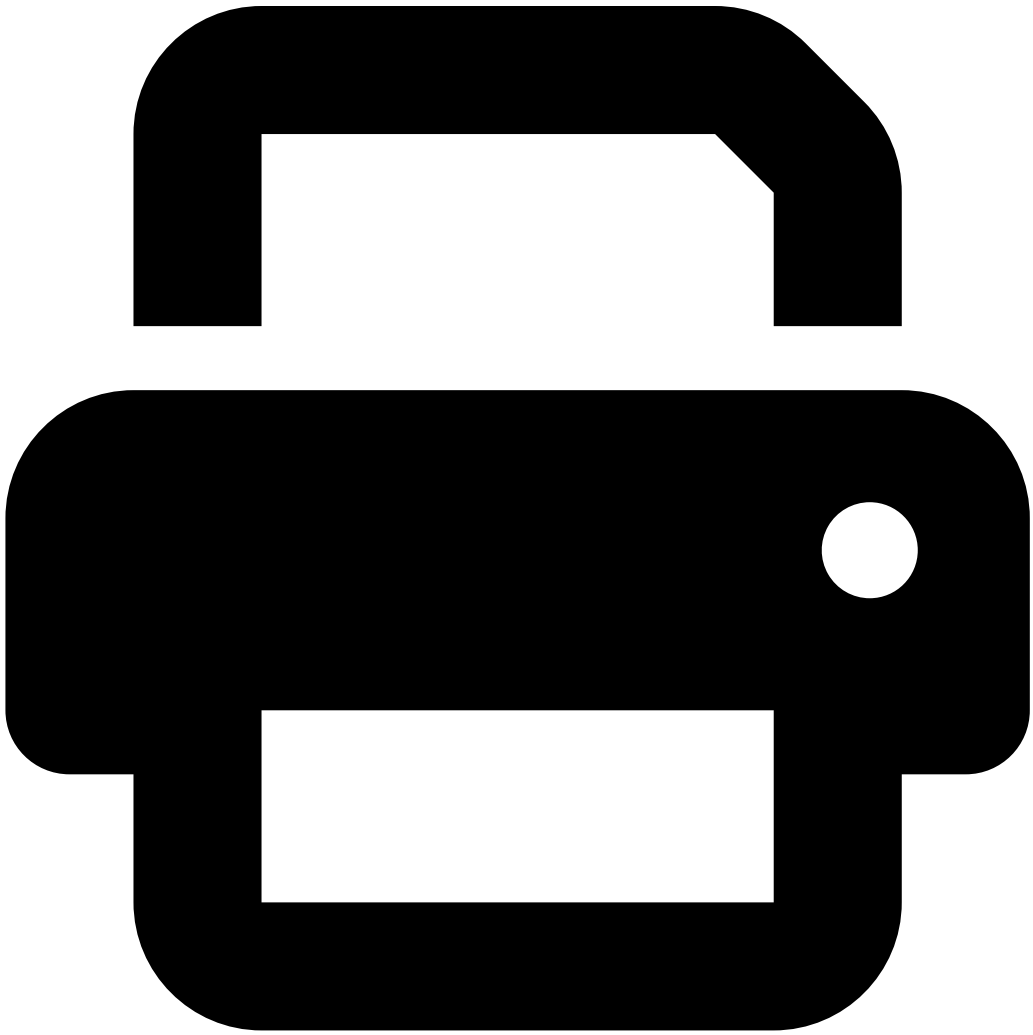

This creamy Italian cauliflower pasta alfredo is a lighter twist on the classic alfredo sauce while still full of rich flavor. Instead of heavy cream , this dish uses pureed cauliflower and milk to create a luscious sauce that coats every strand of pasta. It’s the perfect way to sneak in some extra vegetables without sacrificing flavor. This recipe is proof you don’t need heavy cream for a comforting past dish. Plus, It’s so easy to make!!!

Why you’ll love this Italian cauliflower pasta alfredo

Traditional alfredo sauce relies on lots of butter and cheese, this version gets its creaminess from cauliflower.

This pasta dish has all the comforting flavors of a classic alfredo but with a healthier twist.

This cauliflower sauce can be used over vegetables, chicken or even as a dipping sauce for bread.

This Italian Cauliflower pasta alfredo dish comes together in about the same time it takes to cook the pasta, making it an easy and delicious option for a quick weeknight dinner.

Italian Cauliflower Pasta Alfredo



Italian Cauliflower Pasta Alfredo is a creamy, comforting pasta dish that combines tender cauliflower with a rich Parmesan Alfredo sauce. It's an easy Italian-inspired meal that delivers plenty of flavor while adding wholesome cauliflower to every bite.

- 1/2 Lb. fusilli.
- 4 cups cauliflower florets
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups milk
- 1 cup pasta water
- 1 cup parmesan cheese
- 1 Tbsp. chopped Italian parsley
- Salt and pepper to taste

1. Start by cleaning the cauliflower and cutting into

florets. Then boil the cauliflower in salted water until soft.

2. Remove the cauliflower and mash into a puree set aside while you make the sauce and cook the pasta according to package directions
3. In a saute pan over medium high heat in the olive oil and butter saute the onion and garlic until soft and translucent.
4. Add the milk and pasta water, return the mashed cauliflower back to the pan and cook an additional 5 minutes. Then add in the grated parmesan cheese.
5. Adjust your seasonings (salt and pepper) to fit your taste.
6. Plate, top with more cheese and chopped Italian parsley.

Reserve some of the pasta water before draining. Adding a little to the sauce helps create a smooth, creamy consistency and allows the sauce to cling beautifully to the pasta.

Main Course
Italian
Italian cauliflower pasta Alfredo,