

# Beans, Rice And Everything Nice

## Cauliflower Alfredo



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)



### Ingredients

*makes 2 large or 3 small servings*

- 2 cups cauliflower florets, fresh or frozen
- 1 cup diced potato, any kind
- 1/4 slice of onion, chopped
- 2 cloves garlic, coarsely chopped
- 2 cups water
- 2 Tablespoons lemon juice
- 2 Tablespoons light gluten-free miso
- 1 Tablespoon apple cider or sherry vinegar
- 1 Tablespoon tahini
- 1/8 teaspoon ground nutmeg
- 1/2-3/4 cup vegetable cooking water
- 1/4 cup packed minced parsley leaves and tender stems (optional)
- 227 grams (1/2 pound) gluten-free pasta of choice

**1. For the pasta:** Start cooking the pasta according to the package directions. Once drained, return it to the cooking pot. Make the sauce at the same time.

**For the sauce:** Add the cauliflower florets, potato, onion, garlic, and water to a medium saucepan. Bring to a boil over medium-high heat, cover, reduce heat to medium, and simmer until tender, about 10-15 minutes.

**2.** Drain the vegetables, reserving the cooking water. Put the vegetables in a blender. Add the apple cider vinegar, lemon juice, tahini, miso, and 1/2 cup of the reserved cooking water, and puree until smooth. Add up to 1/4 cup more of the reserved cooking water if desired.

**3.** Add minced parsley (if using) and the sauce to the cooked pasta in the pot, and mix well. Serve.

**Note:** This time, instead of parsley, I added a handful or two of chopped kale in the last few minutes of cooking the pasta. Spinach would work nicely, too. Return everything to the pot once drained and add the pureed sauce.

Garnish with salt and pepper to taste, and serve with a big salad.