

Haggen[®]
— KIDS —
Cooking
CLUB  

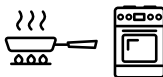
SERVES: 4-6

PREP TIME: 30 MIN

**COOK TIME: 10 MIN,
PLUS COOLING TIME**

SKILL LEVEL: 

REQUIRES USE OF:



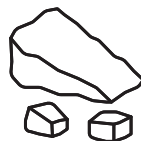
CAULI-MAC CASSEROLE

INGREDIENTS:

- 12 ounces dry elbow macaroni
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground mustard
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 cup panko bread crumbs
- 1/2 cup Parmesan cheese, grated
- 1 tablespoon parsley, chopped
- 1 (10 ounce) bag frozen riced cauliflower, defrosted
- olive oil
- salt and pepper to taste
- 2 tablespoons butter
- 1/4 cup all-purpose flour
- 3/4 cup whole milk
- 2 cups water
- 5 ounces (weighed) white cheddar cheese, shredded

ITEMS TO GATHER:

- apron
- measuring spoons
- measuring cups
- large pot
- large baking sheet
- medium mixing bowl
- 2 small mixing bowls
- large colander
- silicone spatula
- whisk
- oven-safe mitts
- 9x13 glass baking dish



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients and cooking tools on the counter near your cooking area.

Preheat the oven to 475°F.

Heat a large pot of salted water to boiling on high. Once boiling, add the pasta and cook according to the package directions, typically 7–9 minutes.

In a small mixing bowl, mix together the smoked paprika, ground mustard, onion powder and garlic powder. Set the spice blend aside.

In the other small mixing bowl, combine the bread crumbs, Parmesan cheese and parsley; season with salt and pepper to taste. Add enough olive oil to moisten the mixture and mix with your fingers to combine. Set the bread crumbs aside.

While the pasta is cooking, add the riced cauliflower, 1/2 tablespoon olive oil, salt and pepper to a medium mixing bowl. Mix with a silicone spatula until the riced cauliflower is evenly coated.

Pour the seasoned riced cauliflower onto a large baking sheet. Spread out in a thin, even layer. Roast 10–15 minutes or until lightly browned.

Place a large colander in an empty side of the sink. Using oven-safe mitts, carefully remove the pot from the stovetop and pour everything into the colander. Drain thoroughly and set the colander of cooked macaroni on the counter. Rinse and dry the pot.

After the cauliflower goes into the oven, in the pot used to cook the pasta, heat the butter and two teaspoons of olive oil on medium until melted and hot. Add the flour. Cook, stirring frequently, 1–2 minutes, or until golden brown and toasted. Slowly whisk in the milk and two cups of water; season with salt and pepper. Heat on high until boiling. Once boiling, reduce the heat to low. Simmer, whisking frequently, 3–5 minutes, or until thickened.

Add the cheddar cheese to the large pot; whisk until completely melted. Add the spice blend and season with salt and pepper. Cook the cheese sauce for 1–2 minutes, stirring occasionally.

Add the cooked pasta and cauliflower to the cheese sauce and stir to thoroughly combine. Remove from heat and season with salt and pepper to taste.

Transfer the macaroni and cheese from the large pot into the glass baking dish. Evenly cover the top with the bread crumbs. Bake for 10 minutes or until golden brown and bubbling. Using oven-safe mitts, carefully remove the dish from the oven. Let stand for a few minutes before serving.

ENJOY!

COLORFUL CAULIFLOWER

Did you know that in addition to the well-known white cauliflower, it also can be found in orange, purple and green?