

Pasta Alfredo

12 oz fresh cauliflower florets
5 whole peeled garlic cloves
1 onion, sliced
1 ½ tsp salt
1 pound whole grain penne or fusilli
2 cups plant milk
2 Tbsp. lemon juice
Fresh ground black pepper
1 pound of mushrooms (I prefer baby portabellas) chopped into quarters
1 zucchini or other veggie in season chopped into moons

1. Preheat oven to 425°
2. Spread cauliflower, garlic and onion on a large rimmed baking sheet and spray with a little oil. Season with 1 tsp of salt and roast for 30 min or until fork tender, turning frequently with a spatula.
3. Meanwhile, bring a large pot of salted water to a boil and cook pasta according to package directions. Drain and return to pot.
4. In another pan, sauté the mushrooms and zucchini over medium high heat. Add a little water if it starts to dry out.
5. Place roasted vegetables in a blender and add milk, lemon juice and ½ tsp of salt and pepper and blend until smooth. Season to taste. Toss with pasta. Top with vegetables and serve.

Adapted from Chloe's Vegan Italian Kitchen.