Veggie Noodles with Cauliflower Alfredo

By Gerard Rangel- Executive Chef SF State Dining

Vegetable Noodles

1ea large size Zucchini

1ea large size Carrot

1ea large Yellow Crook Squash

Carrot noodles: Wash and scrub carrots well.

Use a spiralizer or julienne peeler to make noodles. Or use a regular vegetable peeler and peel into thick ribbon-shaped noodles.

Zucchini and Yellow Crooked Squash noodles: Look for a large zucchini. Use a spiralizer or julienne peeler to make noodles. Or use a regular vegetable peeler and peel into thick ribbon-shaped noodles.

Cauliflower Alfredo

INGREDIENTS:

one tablespoon extra-virgin olive oil

Four cloves garlic, minced

1/2 cup diced yellow onion

12 ounces cauliflower florets (about 3 cups)

1 cup of water

salt, and black pepper to taste

INSTRUCTIONS:

Sauté the minced garlic and onion in the oil in a small saucepan over low heat. Allow cooking for a few minutes, until the garlic is tender and fragrant, but not browned.

Add the 1 cup of water to the saucepan, along with the cauliflower, and bring the water to a boil. (The water will not cover the cauliflower, and that's okay.) Once the water is boiling, lower the heat to a

simmer and cover the pot to cook until the cauliflower is fork-tender and very soft, about 10 to 15 minutes.

Transfer the sautéed onion and garlic into a blender or food processor and season with salt and pepper. Process until very smooth and creamy, with a texture like the traditional cream sauce. (Always be careful when blending hot liquids-- the steam pressure can blow the lid off your blender. Cover the vent in your blender lid with a thin kitchen towel to allow venting)

Bring a large pot of lightly salted water to a boil. Add Vegetable Noodles for One Minute; drain.

Pour Cauliflower Alfredo sauce into a serving bowl or plate and topped it with the vegetable noodles.

Note:

Serves 4 people.

You can put the sauce back into pots and the vegetable noodle with it for few minutes, and you can serve it straight into the bowl like a normal process of the pasta.