

# Baked Pasta with Cauliflower and Cheese

From – *New Recipes from Moosewood Restaurant*

## Bechamel Sauce

½ cup butter  
½ cup flour  
4 cups milk, heated  
1 ½ tsp Dijon mustard  
salt & pepper to taste

1 pound medium pasta shells

¼ cup vegetable oil  
4 cups onion – chopped  
3 cloves garlic – pressed  
½ cup fresh basil or 2 tsp dried  
1 large head of cauliflower cut into florets  
6 ripe tomatoes – chopped  
or 3 cups canned tomatoes – drained & chopped  
3 Tbsp lemon juice

1 cup grated Parmesan cheese  
1 ½ cups shredded mozzarella or provolone cheese  
seasoned bread crumbs

- Prepare the Bechamel sauce, melt butter in a heavy sauce pan on medium heat.
- Sprinkle in the flour, whisking constantly until a smooth paste is formed.
- Add the heated milk slowly, a cup at a time, continuing to whisk until the sauce begins to thicken.
- Add the mustard, salt and pepper and let the sauce thicken further on low heat.
- Remove from heat and cover.
- Saute the onions, garlic, and basil in oil, for 5 minutes.
- Add cauliflower and saute for 5 minutes more.
- Add the tomatoes and simmer until the cauliflower is tender.
- Cook the pasta al dente then drain.
- In a large bowl combine the cooked pasta, sauteed vegetables, lemon juice, and Bechamel sauce.
- Put half the pasta mixture in an oiled baking dish, sprinkle with half of each of the cheeses.
- Add the rest of the pasta mixture and then the rest of the cheese.
- Top with bread crumbs.
- Bake at 375 covered for 30 minutes then uncover and bake an additional 15 minutes or until bubbling and golden on top.



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