

White Bean Cauliflower Pasta Bake

Web Recipe · Dinner

440 cal · 23g protein · 62g carbs · 12g fat · 6 servings

Ingredients

- 12 oz whole wheat rotini
- 2 cans (15 oz each) cannellini beans drained
- 1 medium head cauliflower cut into small florets
- 2 tbsp olive oil
- 1 cup unsweetened soy milk
- 1/4 cup nutritional yeast
- 3 cloves garlic
- 2 tbsp lemon juice
- 1 tbsp white miso paste
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1/3 cup panko breadcrumbs

Instructions

1. Preheat oven to 425°F (220°C). Toss cauliflower florets with olive oil, salt, and pepper. Roast 20 minutes until golden.
2. Cook pasta al dente according to package directions. Drain.
3. Make the creamy sauce: blend one can of cannellini beans with soy milk, nutritional yeast, garlic, lemon juice, miso paste, onion powder, and smoked paprika until completely smooth.
4. Toss drained pasta with the cream sauce, remaining whole beans, and roasted cauliflower.
5. Transfer to a 9x13 baking dish. Mix panko, nutritional yeast, olive oil, and garlic powder. Sprinkle on top.
6. Bake at 375°F (190°C) for 20 minutes until topping is golden and crispy.
7. Garnish with fresh parsley.

Generated by Meal Planner · Per serving macros