Cheesy Cauliflower Noodles

3c cauliflower

1c milk

1c sharp cheddar, shredded

1T parmesan, grated

¼t nutmeg

½t salt

¼t cayenne or black pepper

2c cooked pasta

In large sauce pan bring cauliflower and milk to boil, reduce heat and simmer until cauliflower is tender. Let cool the pour into blender and purée. Pour back into sauce pan and add the rest of the ingredients except pasta. On low-med heat stir until all cheese is melted. Gently stir in pasta and serve.