



Cauliflower “Mac” and Cheese

PREP TIME

30 min

TOTAL TIME

50 min

Nutrition Information Per Serving

Makes 12 servings

FAT

27g

PROTEIN

9g

CARBS

6g

CALORIES

300

Ingredients

2 large heads of cauliflower, OR 1 package of frozen cauliflower florets

2 cups heavy (or whipping) cream

4 oz cream cheese

12 oz shredded cheddar cheese

½ cup chopped onions

¼ tsp garlic powder

Salt and pepper to taste

Cooking spray, butter, or oil (to grease the baking dish)

Instructions

1. Preheat the oven to 375 degrees.
2. Coat a large baking dish with cooking spray, butter, or oil.
3. Wash and remove the florets from the stem of the cauliflower.
4. If using fresh cauliflower: boil the cauliflower florets until they soften, but are still somewhat crisp. Remove from water, drain well, and then chop into smaller pieces.
5. If using frozen cauliflower: follow package instructions for microwave cooking.
6. Place cooked cauliflower into a large baking dish.
7. Pour the cream into a large saucepan, and bring to a simmer.
8. Add the cream cheese to the saucepan, and then whisk to combine the contents to a smooth consistency.
9. Add 6 oz of the shredded cheese to the saucepan, continuing to stir until the cheese melts completely.
10. Slowly add in the remaining 6 oz of cheese, along with the onions, garlic powder, salt, and pepper. Stir until all contents are well-mixed.
11. Remove the cheesy mixture from heat and pour over the cauliflower.
12. Stir to combine, and then bake for 15-20 minutes or until golden brown.

Pro Tip

Use frozen cauliflower for convenience and less mess.

Adapted from <http://www.foodnetwork.com/recipes/cauliflower-mac-and-cheese-casserole-recipe.html>