

Baked "Cauliflower Mac & Cheese"

Prep Time: 15 min Cook Time: 30 Mins Serving Size: 6 Servings

6-8 C Cauliflower, chopped into 1-inch pieces (About 1 ½ heads of cauliflower)

2 Tbl. Butter

3 Tbl. Flour

2 C. whole milk

1 ½ tsp. salt

¼ tsp. black pepper

½ tsp. garlic powder

½ C. Seasoned breadcrumbs

2 C. shredded sharp cheddar cheese (about 8 oz. – don't use pre shredded cheese because it doesn't melt as well as block cheese. Shredded cheese has a special coating to make it not clump in the bag).

Instructions

1. Preheat oven to 375 degrees.
2. Fill microwave safe bowl with 1 inch of water. Add cauliflower and microwave on high for 8 mins. Drain and set cauliflower aside.
3. In a large saucepan, melt butter over medium heat.
4. Stir in flour for about 3 minutes.
5. Gradually whisk in the milk, a little at a time until completely incorporated and the mixture is thick and smooth.
6. Remove from heat, salt and pepper to taste. Stir in garlic powder and shredded cheese until melted and completely incorporated and smooth.
7. Stir in cauliflower. Transfer to a 9 x 13-inch baking dish.
8. Top with breadcrumbs.
9. Bake for 25 minutes until cheese is bubbly and begins to brown. Switch to broil for 2 mins to brown and caramelize the top a bit more.
10. The dish will be hot so allow it to cool a little before serving.

Nutrition

Calories: 243 for 1/6th of dish

Carbs: 12 g.

Protein: 14 g

Fat 16 g

Saturated Fat: 10

Cholesterol: 48

Sodium: 886 mmg

Potassium: 454 mg

Fiber: 2 g

Sugar: 6 g

Calcium: 392