

Creamy & Cheesy Cauliflower

This is a delicious comfort dish to serve year round. It showcases a wonderful way to hide vegetables for picky kids, under a creamy and guilt free Béchamel (white) sauce made from milk and sprinkled with delicious cheese. Here I use old cheddar cheese but it will be equally delicious with any cheese you like. If you are fat conscious, use a sharp flavored cheese, you will not need as much of it because its distinctive taste will curb need for more cheese flavour. Try also substituting with a low fat cheddar cheese.

SERVES 4

INGREDIENTS

- 1 large cauliflower, clean and trimmed
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 2 tsp Dijon mustard
- 1 cup grated old cheddar cheese
- salt and freshly ground pepper
- nutmeg, freshly ground
- parsley for garnish

Cut cauliflower into large florets and steam them over a pot with boiling water for 7-10 minutes or until semi-soft.

Heat a small pan to medium heat, add butter and flour. Whisk it together for 3-5 minutes so flour cooks and takes a light golden colour.

Turn down the heat to low. Add milk little at a time, whisking vigorously so there are no lumps. Once all the milk is incorporated, cook it on low heat for 10-12 minutes. Stir often to prevent sticking. Season the sauce with a dash of salt and pepper. Add a pinch of freshly ground nutmeg and Dijon mustard.

Preheat oven to 350 degrees F.

Place cauliflower into 4 individual oven proof dishes or one large one, cover with sauce, sprinkle cheese on top and place in the oven for 5 minutes or until cheese melts.

Take it out from the oven, garnish with fresh parsley and serve. Enjoy!

Data per serving.

Calories	278	Sodium	317mg
Protein	14g	Cholesterol	53.7mg
Total Fat	18g	Fiber	3.4g
Carbohydrates	15g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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