



# 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

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

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2 cups heavy (or whipping) cream

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4 oz cream cheese

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12 oz shredded cheddar cheese

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½ cup chopped onions

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¼ tsp garlic powder

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Salt and pepper to taste

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

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## 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>*