

# Cauliflower Walnut Casserole

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*Unitarian Universalist Fellowship of Vero Beach, FL 2000Jeanette Webber*

## **Servings: 4**

*1 medium head cauliflower,  
broken into florets  
1 cup plain low-fat yogurt  
1 cup Cheddar cheese,  
shredded  
1 tablespoon flour  
2 teaspoons low-sodium  
chicken-flavored bouillon  
granules  
1 teaspoon dry mustard  
1/3 cup chopped walnuts  
1 tablespoon margarine  
1/3 cup fine dry  
breadcrumbs  
1 teaspoon dried marjoram,  
crushed*

Preheat the oven to 400 degrees.

In a medium saucepan, bring water to a boil.  
Add the cauliflower. Reduce the heat. Simmer  
for 15 minutes. Drain.

In a bowl, mix the yogurt, cheese, flour, bouillon  
and mustard.

Place the cauliflower in a 10x6-inch baking dish.  
Spoon the yogurt mix over the cauliflower.

In a bowl, combine the walnuts, bread crumbs,  
margarine and marjoram. Sprinkle over the  
cauliflower and sauce.

Bake until the casserole is bubbly, about 20  
minutes.

*Broccoli or cabbage can be  
substituted for the  
cauliflower.*

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Per Serving (excluding unknown  
items): 292 Calories; 20g Fat  
(59.5% calories from fat); 15g  
Protein; 15g Carbohydrate; 1g  
Dietary Fiber; 33mg Cholesterol;  
337mg Sodium. Exchanges: 1/2  
Grain(Starch); 1 1/2 Lean Meat; 1/2  
Vegetable; 1/2 Non-Fat Milk; 3 Fat.