

Roasted Cauliflower Gratin

Integrated Marketing Services - Apopka, FL

Servings: 6

Preparation Time: 15 minutes

Cook time: 15 minutes

3 tablespoons whole-grain breadcrumbs
2 teaspoons butter, melted
2 tablespoons (1/2 oz) Parmesan cheese, finely shredded
6 cups (1 1/2 heads) cauliflower florets
2 tablespoons butter
2 tablespoons flour
1 1/4 cups milk OR half-and-half
1 cup (4 oz) sharp Cheddar cheese, shredded
1 cup (4 oz) Gouda cheese, shredded and divided

Lightly coat a 2-quart baking dish with nonstick cooking spray.

For the topping. In a small bowl, combine the breadcrumbs, melted butter and Parmesan. Set aside.

Bring a large pot of water to a boil over medium-high heat.

Add the cauliflower and cook for 7 to 9 minutes or until fork-tender. Drain. Return to the pot. Set aside.

Meanwhile, for the cheese sauce. In a medium saucepan, melt the butter over medium heat.

Add the flour. Cook and stir for 1 to 2 minutes or until thickened. Gradually whisk in the milk. Bring just to a boil.

Remove from the heat and add the Cheddar and 1/2 cup of the Gouda, stirring until smooth.

Add the cheese sauce and remaining 1/2 cup of the Gouda to the cauliflower. Stir to coat.

Transfer the cauliflower mixture to the baking dish and sprinkle evenly with the topping.

Preheat the broiler to high. Broil for 1 to 2 minutes or until golden brown.

Remove from the oven and serve.

Per Serving (excluding unknown items): 205 Calories; 17g Fat (74.5% calories from fat); 10g Protein; 3g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 355mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.