

Side Dish

Onion-Cauliflower Bake

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 8

1 package (10 oz) frozen cauliflower, thawed
2 packages (9 oz) frozen onions with cream sauce
1 1/2 cups water
2 tablespoons butter
3/4 cup (3 oz) sharp American cheese, shredded
1/4 cup toasted slivered almonds
1 tablespoon snipped parsley
1/2 cup canned French-fried onions, crumbled

Preheat oven to 350 degrees.

Cut up any large pieces of cauliflower; set aside.

In a saucepan, combine frozen onions, water and butter. Cover; bring to a boil. Reduce heat and simmer for 4 minutes, stirring occasionally. Remove from heat; stir until sauce is smooth. Stir in cauliflower, cheese, almonds and parsley. Place mixture in a 1 1/2 quart casserole.

Bake, uncovered, until bubbly, about 35 minutes. Top with crumbled French-fried onions.

Bake, uncovered, 5 minutes longer.

Per Serving (excluding unknown items): 56 Calories; 5g Fat (79.1% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat.