



CAULI-MAC AND CHEESE BAKE

- 1 large head cauliflower, cut into florets
- ½ cup heavy whipping cream
- 2 ounces cream cheese, at room temperature
- 2 tablespoons unsalted butter
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup shredded sharp cheddar cheese
- ½ cup shredded Monterey Jack cheese
- 2 tablespoons chopped fresh parsley

MAKES 6 SERVINGS

Paprika adds a depth of flavor to this recipe that you will love. You can purchase frozen cauliflower to save time; just make sure you defrost it and drain the water before adding to the casserole. You could also add diced ham to make the casserole a complete, hearty meal.

BRING a large pot of water to a boil over high heat. Add the cauliflower and cook until tender, 5 to 7 minutes. Drain in a colander and set aside.

IN the same pot over medium heat, mix together the cream, cream cheese, butter, mustard, paprika, salt, and pepper and cook, stirring, until smooth. Add the cheddar and Monterey Jack cheese and stir until the cheese is melted and the mixture is smooth.

ADD the cauliflower and stir until completely coated in the sauce. Transfer to a large bowl, sprinkle with parsley, and serve.

NUTRITIONAL INFO (PER SERVING)

CALORIES 229, **FAT** 18.6g, **PROTEIN** 8.8g, **CARBS** 9g, **FIBER** 3.1g