

CAULIFLOWER "MAC" & CHEESE

Servings: 4 Serving Size: 1 cup Total Cook Time: 25 minutes



INGREDIENTS

- 1 head cauliflower cut into small florets
- 3 Tbsp butter
- Salt and pepper to taste
- 1 cup shredded cheddar cheese
- 1/4 cup heavy cream
- 1/4 cup milk

DIRECTIONS

1. Preheat oven to 450°F. Line a baking sheet with aluminum foil.
2. Melt 2 Tbsp butter in a large bowl and toss cauliflower florets in melted butter. Season with salt and pepper.
3. Arrange the cauliflower florets on the prepared baking sheet. Roast for 10-15 minutes until crisp-tender.
4. In a saucepan, over medium-low heat, heat the cheddar cheese, heavy cream, milk, and 1 Tbsp of butter, stirring frequently. Heat and stir until smooth.
5. Toss the cauliflower in cheese and serve.

CAULIFLOWER FUN FACTS

- **Vitamin C** - 1 cup of cauliflower has about 75% of your daily recommended amount of vitamin C. Since it is in season around November, it's a great source of Vitamin C for flu season!
- **Color Options** - Typically cauliflower is thought of as white. However, orange, yellow, green, and purple variations of cauliflower are also grown. Each color has a slightly different flavor profile. Try using a variety of colors for a fun dish!
- **Nutrient Rich** - In addition to Vitamin C, cauliflower is a rich source of vitamin K which helps with blood clotting, choline which plays a role in brain function such as memory and mood regulation, biotin which helps with energy production, as well as fiber, manganese, and phosphorus.



- **The Bigger, the Better** - Bigger cauliflower plants have a bigger flavor. These plants can even grow up to 30 inches in height and width.