LOADED CAULIFLOWER CASSEROLE

Ingredients:

- 3 slices bacon
- 1 head cauliflower (about 2 pounds), cut into bite-size pieces
- ½ tsp ground pepper
- ¼ tsp sea salt
- 1¼ cups shredded sharp organic cheddar cheese, divided
- ⅔ cup organic sour cream
- 4 fresh scallions, sliced, divided



Directions:

1. Preheat oven to 425 degrees F. Place bacon in a large nonstick skillet over medium heat; cook until crisp, 6 to 8 minutes. Transfer to a paper-towel-lined plate and let cool. (Reserve the drippings in the pan.)
2. Combine cauliflower, pepper, salt and the bacon drippings in a 9-by-13-inch baking dish. Roast, stirring twice, until tender, about 35 minutes.
3. Meanwhile, combine 1 cup cheese, sour cream and half the scallions in a small bowl. When the cauliflower is tender, stir the cheese mixture into the cauliflower in the pan. Sprinkle with the remaining 1/4 cup cheese. Bake until hot, 5 to 7 minutes more.
4. Chop the cooled bacon. Sprinkle the hot casserole with the bacon and the remaining scallions. Makes 8 servings. Serving size is 1/2 cup.

NUTRITION PER SERVING:

Per Serving: 150 calories; protein 8g; carbohydrates 8g; dietary fiber 3g; sugars 3g; fat 11g; saturated fat 6g; cholesterol 30mg; sodium 280mg

Reference: www.eatingwell.com

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