

Cauliflower Mac and Cheese Casserole

Servings : 6

Amount	Measure	Ingredient - Preparation Method
		kosher salt
1	large	head cauliflower - cut into florets
		vegetable oil spray
1	cup	heavy cream
2	ounces	cream cheese - cut into small pieces
1 1/2	teaspoons	dijon mustard
2	cups	shredded cheddar cheese
1/4	teaspoon	freshly ground black pepper
1/8	teaspoon	garlic powder

Preheat oven to 375. Bring a large pot of water to a boil. Season with salt.

Spray 8x8 baking dish with spray.

Cook cauliflower in boiling water until crisp-tender, about 5 minutes. Drain well and pat with paper towels to dry. Transfer to baking dish and set aside.

Bring cream to a simmer in a small saucepan, and whisk in cream cheese and mustard until smooth. Stir in 1 1/2 cup of cheese, salt, pepper and garlic and whisk until cheese melts, about 1 to 2 minutes. Remove from heat, pour over the cauliflower, and stir to combine. Top with remaining 1/2 cup cheese and bake until browned and bubbly, about 15 minutes.