

Kid-Approved Cheesy Cauliflower (aka Vegetable Mac & Cheese)

Ingredients:

1 medium-sized head of cauliflower (or 12 oz/340g bag of florets)

Salt

1 C (240 mL) heavy cream

½ C (4 oz/113g) cream cheese, cut into small pieces

1 Tbsp (15 mL) hot sauce* (*this is not enough to make spicy, but if kids may still balk then consider a little Dijon mustard or dash of paprika instead.)

¼ tsp (0.75 g) garlic powder

A large pinch of nutmeg

2 C (6 oz/170 g) grated sharp cheddar cheese

¼ C (42 g) grated sharp cheddar cheese (for topping)

Instructions:

1. Heat oven to 375°F (190°C); grease 8X8 baking dish; put large pot water over high heat to boil
2. Cut head of cauliflower into small florets
3. Salt boiling water generously, then add cauliflower and cook until tender but still a little bite (approx. 5 minutes)
4. Drain cauliflower well in colander & put empty pot back on stove. Place cauliflower on clean dishtowel to dry more while you make the sauce.
5. Put cream cheese and cream in pot. Cook on low heat, whisking until cream cheese melts and cream is steamy. Add hot sauce, garlic powder, nutmeg, and 2 C cheese. Whisk just until cheese melts, then turn off heat.
6. Add cauliflower to pot and stir gently. Pour into baking dish and shake gently to level it out. Top with ¼ C grated cheese.
7. Bake 15-20 minutes until casserole bubbling and browned. (Consider putting under broiler for 1-2 minutes if not browned to your liking after 25 minutes.)
8. Cool 10 minutes before serving.