

MAKE A GREAT PLATE.

This crunchy dish will become your go-to side this winter.

Cauliflower Casserole

INGREDIENTS

1 large **cauliflower**, cut into bite-sized florets

2 tbsp **olive oil**

¼ cup grated **Parmesan cheese**

½ cup **whole-grain bread crumbs**

¼ tsp **salt**

1 cup shredded **cheddar cheese**

Optional: 1 tsp crushed **red pepper flakes**



DIRECTIONS

Preheat oven to 350°F. **Steam** cauliflower in a large pot with lid, about 10 minutes. **Drain.**

Add cauliflower to a 2-quart baking dish. **In** a small bowl, combine oil, Parmesan, bread crumbs, salt, cheddar and red pepper flakes (if using). **Sprinkle** mixture over cauliflower.

Bake 20 minutes, or until cheese melts. **Serve** warm.

Makes 4 Servings. Each: 247 calories • 14g protein • 15g total fat • 15g carb • 3g sugar • 6g fiber • 343mg sodium