



# Easy Cauliflower Gratin

Like mac n' cheese? Then you'll love this cauliflower gratin packed with veggies instead of noodles. My 10 year-old was surprised it was even cauliflower!

	<b>Course</b>	Sides
<b>Cuisine</b>	American	
<b>Method</b>	Freezer Friendly	
<b>Diet</b>	Vegetarian	
<b>Prep Time</b>	10 mins	
<b>Cook Time</b>	40 mins	
<b>Total Time</b>	50 mins	
<b>Servings</b>	6 people	

## Ingredients

- 1 large head cauliflower big stem removed and cut into florets
- 2 tablespoons butter
- 2 garlic cloves minced
- 2 tablespoons whole-wheat flour
- 1 1/2 cups milk
- 1 1/2 cups cheddar cheese grated
- 3/4 teaspoon salt
- pepper to taste
- 1/4 cup whole-wheat breadcrumbs (optional)

## Instructions

1. Preheat the oven to 450°F.
2. Fill a medium pot with 1 or 2 inches of water, place a mesh steamer basket inside, and set it over high heat. As soon as the water starts boiling, turn it down to low, add the cauliflower to the basket, and cover with a lid. Steam until it can easily be pierced with a fork, 5 to 10 minutes. Spread into one even layer in the bottom of an ungreased 8X8 or 9X9 (or oval) baking dish.
3. In a large saucepan over medium-low heat, melt the butter. Add the garlic and sauté for a minute or two.
4. Sprinkle in the flour and whisk until the mixture begins to darken in color (but not burn). Whisk in the milk and cook, stirring, until the mixture begins to boil. Lower the heat to a light simmer and cook until the milk thickens, whisking occasionally.
5. Turn off the heat and stir in the cheese and spices. Pour over top of the cauliflower until well coated. Sprinkle with breadcrumbs and bake until golden brown on top and bubbly, about 25 to 30 minutes. Serve warm.

**Notes**

We recommend organic ingredients when feasible.

▶ Nutrition Facts

from [100DaysofRealFood.com](http://100DaysofRealFood.com)