

Cheesy Cauliflower Bake

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The original recipe came from Recipes With Roy – here is the link to the original

<https://recipeswithroy.wixsite.com/website/post/roy-s-light-and-cheesy-baked-cauliflower>

I changed a few ingredients, so my points are a bit higher.

Serves 4

Blue – 3 points per serving

Purple – 3 points per serving

Green – 4 points per serving

- 1 head (about 1 lb) of cauliflower, cut into small florets (may need to halve or quarter them)
- 2 eggs
- 1/2 cup 1% milk
- 1/2 cup nonfat Greek yogurt
- 2 Tbsp flour
- 1 tsp baking powder
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp salt or to taste
- Ground black pepper to taste
- 1/2 cup cheddar cheese, grated and divided

1. Preheat oven to 400 F. Spray an 8" baking dish with cooking spray. Start a pot of water boiling and add 1 tbsp of Kosher salt.
2. Add the cauliflower to the boiling salted water and cook for 2-3 minutes. Drain and set aside.
3. In a large bowl, mix eggs, milk, yogurt, flour, baking powder, paprika, garlic powder, salt, pepper, and only 1/4 cup of the cheddar. Add the cauliflower and toss to combine.
4. Pour cauliflower mixture into the prepared baking dish. Bake 25 minutes.
5. Remove from the oven and sprinkle the remaining cheese on top. Return to the oven until cheese is melted and lightly golden brown, about 10 minutes. If you'd like the cheese more browned, turn on the broiler for 2-3 minutes, but keep an eye on it!
6. Remove from the oven and let cool 5-10 minutes before serving.

Side Dish
Vegetable
Cauliflower