



Cauliflower “Mac” & Cheese

Prep: 40 minutes

Bake: 35 minutes • Serves: 6

- Nonstick cooking spray
- 3 tablespoons unsalted butter
- ¼ cup all-purpose flour
- 3 garlic cloves, minced
- 2 teaspoons smoked paprika
- ¼ teaspoon ground red pepper
- 2 cups low sodium vegetable broth
- 3 cups diced butternut squash
- ¼ teaspoon salt
- 1 large head cauliflower, cut into small florets (about 8 cups)
- 1 cup shredded sharp white Cheddar cheese
- 1 cup shredded smoked Gouda cheese
- 1 cup panko breadcrumbs
- Chopped fresh chives for garnish (optional)

1. Preheat oven to 400°; spray 3-quart baking dish with nonstick cooking spray. In medium saucepot, heat 2 tablespoons butter over medium heat; add flour and cook 1 minute, whisking constantly. Add garlic, paprika and red pepper; cook 30 seconds, whisking constantly. Add broth; cook 2 minutes, whisking constantly. Stir in squash; cover and cook 25 minutes or until squash is soft, stirring occasionally.

2. Fill large saucepot with ½-inch water; heat to boiling over medium heat. Add salt and cauliflower; cover and cook 5 minutes. Drain; return to saucepot.

3. Transfer squash mixture to blender and purée; return to same saucepot over low heat. With wooden spoon, gradually stir in cheeses until smooth; pour over cauliflower and toss to combine. Transfer cauliflower mixture to prepared dish.

4. In small microwave-safe bowl, heat remaining 1 tablespoon butter in microwave oven 25 seconds or until melted; stir in breadcrumbs. Evenly sprinkle breadcrumb mixture over cauliflower mixture. Bake 35 minutes or until edges bubble and top is browned; garnish with chives, if desired. Makes about 7½ cups.

*Approximate nutritional values per serving:
332 Calories, 18g Fat (11g Saturated), 52mg Cholesterol,
405mg Sodium, 29g Carbohydrates, 5g Fiber, 15g Protein*

Chef tip:

> Divide cauliflower into 6 individual oven-safe ramekins for perfect portions.