

Loaded Cauliflower Casserole

- 1 large head cauliflower
- 2 cups divided Colby-Monterey jack cheese, shredded
- 8 ounces fresh mushrooms
- ½ cup light sour cream
- ½ cup olive oil mayonnaise
- 6 slices bacon
- 6 tablespoons fresh chives
- 2 cloves garlic
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Preheat oven** to 425 degrees F, and **coat** 9-inch-by-13-inch baking dish with oil cooking spray. **Place a steamer basket** into a saucepan, **fill** with water to just below basket, and bring to a **boil**. **Add** cauliflower florets, **cover, steam** for about 15 minutes, until tender. **Pat dry** mushrooms, then roughly chop. **Chop** chives, **peel and mince** garlic cloves. In a large mixing bowl, **combine** sour cream, mayonnaise, garlic, salt, and black pepper. **Add** cauliflower, **half** of the bacon, **1 cup** of the Colby-Monterey Jack cheese, mushrooms, and chives, then mix well. **Transfer mixture** to the prepared baking dish, top with remaining bacon and cheese. **Bake** in the preheated oven for about 20 minutes, until bubbling and cheese is melted. **Remove** from the oven and cool 10 minutes before serving.

Yield: 12 servings. **Serving size:** ½ cup. **Nutrition Analysis:** 200 calories; 15g total fat; 6g saturated fat; 0g trans fat; 30mg cholesterol; 430mg sodium; 5g carbohydrate; 1g fiber; 2g total sugars; 0g added sugars; 8g protein; 0% DV vitamin D; 10% DV calcium; 2% DV iron; 6% DV potassium.



Kentucky Cauliflower

SEASON: June, September, October, and early November

NUTRITION FACTS: A serving of cauliflower provides 10% of the Daily Recommended Value of folate, 8% of dietary fiber and potassium, and 100% of the recommended amount of vitamin C. It is low in calories and sodium and has no saturated fat or cholesterol.

SELECTION: Choose cauliflower with compact, creamy white curds and bright green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.

STORAGE: Refrigerate cauliflower in a plastic bag up to 5 days.

PREPARATION: Cauliflower is best eaten raw or cooked barely tender and snowy white. If cooked too long, it can be mushy and beige in color.

PRESERVING (Freezing): Break flowerets into pieces about 1 inch across. Wash and blanch 3 minutes in boiling water, chill, and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

Kentucky Proud Project

County Extension Agents
for Family and Consumer Sciences

University of Kentucky, Dietetics
and Human Nutrition

Source: Lynn Blankenship,
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and Consumer Sciences

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