

Cauliflower Mac-N-Cheese

Ingredients

- 1 Head cauliflower, broken into florets
- 1 cup whole milk
- 2 oz cream cheese cubed
- 1 tablespoon Dijon mustard
- 12 oz grated cheese of choice
- 1/2 tsp garlic powder
- salt & pepper to taste

Instructions

1. Cook cauliflower in in a microwave silicone vegetable steamer or steam until crisp tender.
2. In a large pot heat milk, cream cheese and dijon mustard until about to boil.
3. Add cheese and garlic powder and stir until melted.
4. Salt and pepper to taste.
5. Add cauliflower to pot with cheese mixture and coat completely.
6. Place in oiled baking dish and bake at 350 for 20 minutes. Broil on high for 2 minutes or until brown and bubbly.
7. Garnish with fresh thyme.

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