

Cauliflower au Gratin II

Mary Zinchiak - Boardman, OH
Taste of Home Magazine - December/January 2021

Servings: 8

1 large head cauliflower, cut into florets
2 tablespoons olive oil
1 teaspoon salt, divided
4 tablespoons butter, cubed
3 tablespoons all-purpose flour
2 cups 2% milk
1 cup Swiss cheese, shredded
1/2 cup grated Parmesan cheese
1/2 teaspoon onion powder
1/2 teaspoon ground mustard
1/2 teaspoon Worcestershire sauce
1/8 teaspoon cayenne pepper
chopped fresh thyme (optional)

Preparation Time: 25 minutes

Bake Time: 45 minutes

Pre heat the oven to 375 degrees.

Stir in the Place the cauliflower on a rimmed baking sheet. Drizzle with oil; sprinkle with 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Toss to coat.

Bake for 8 minutes. Stir.

Bake until crisp-tender and lightly browned, 7 to 8 minutes longer.

In a saucepan, melt the butter over medium heat. Stir in the flour until smooth; gradually whisk in the milk. Bring to a simmer, stirring constantly. Cook until thickened, 2 to 3 minutes. Remove from the heat.

Stir in the Swiss cheese, Parmesan, onion powder, ground mustard, Worcestershire sauce and cayenne pepper. Stir in the remaining salt and pepper.

Pour 3/4 cup of the cheese sauce into a greased two-quart baking dish. Top with the cauliflower and remaining cheese sauce.

Bake, uncovered, until bubbly and lightly browned, 30 to 35 minutes.

If desired, top with fresh thyme.

Per Serving (excluding unknown items): 202 Calories; 16g Fat (69.7% calories from fat); 9g Protein; 7g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 492mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.