

Cauliflower Polonaise

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

4 tablespoons butter
5 tablespoons plain bread crumbs
1 to 2 hard cooked eggs
2 tablespoons fresh parsley, minced
3 pounds cauliflower, trimmed and
cut into florets
salt and pepper (to taste)
coarse grated cheese (Parmesan or
Romano)

Melt two tablespoons of butter in a saucepan.
Add the breadcrumbs and cook over medium
heat until browned (5 minutes). Set aside.

Mince the eggs.

In a bowl, combine the breadcrumbs, eggs and
parsley. Set aside.

Bring a large pot of water to a boil. Add the
cauliflower. Simmer for 6 to 8 minutes until
tender.

Melt two tablespoons of butter in a large skillet.
Lightly saute' the cauliflower until heated through
(3 to 4 minutes). Salt if desired.

Mix in the breadcrumbs and some grated
cheese.

Place the mixture into a 9x9 or 9x13 baking dish.
Cover the top with grated cheese.

Refrigerate for 24 hours.

Place the baking dish in a 325 degree oven to
reheat (about 45 minutes).

Per Serving (excluding unknown
items): 750 Calories; 49g Fat
(52.6% calories from fat); 28g
Protein; 71g Carbohydrate; 34g
Dietary Fiber; 124mg Cholesterol;
881mg Sodium. Exchanges: 13 1/2
Vegetable; 9 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	750	Vitamin B6 (mg):	3.0mg
% Calories from Fat:	52.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	34.1%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	13.2%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	49g	Folacin (mcg):	789mcg
Saturated Fat (g):	29g	Niacin (mg):	7mg
			0mg

Monounsaturated Fat (g): 13g
 Polyunsaturated Fat (g): 3g
 Cholesterol (mg): 124mg
 Carbohydrate (g): 71g
 Dietary Fiber (g): 34g
 Protein (g): 28g
 Sodium (mg): 881mg
 Potassium (mg): 4183mg
 Calcium (mg): 324mg
 Iron (mg): 7mg
 Zinc (mg): 4mg
 Vitamin C (mg): 642mg
 Vitamin A (i.u.): 2383IU
 Vitamin A (r.e.): 495 1/2RE

Caffeine (mg):
 Alcohol (kcal): 0
 % Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 13 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 9
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 750 Calories from Fat: 395

% Daily Values*

Total Fat	49g	75%
Saturated Fat	29g	145%
Cholesterol	124mg	41%
Sodium	881mg	37%
Total Carbohydrates	71g	24%
Dietary Fiber	34g	137%
Protein	28g	
Vitamin A		48%
Vitamin C		1070%
Calcium		32%
Iron		36%

* Percent Daily Values are based on a 2000 calorie diet.