
Evie`s Cauliflower Casserole

Lynn Burwell

Nettles Island Cooking in Paradise - 2014

1 medium head cauliflower

1 can cream of mushroom soup (use two cans if using a large head of cauliflower)

1/2 cup Cheddar cheese, cubed

2 handfuls bread crumbs

Wash the cauliflower head. Steam the whole cauliflower head until tender, using a fork to test for tenderness. When done, separate the cauliflower head into florets.

Place the florets in a deep casserole dish. Pour the soup over the cauliflower head.

Sprinkle with cheese cubes and bread crumbs.

Bake at 350 degrees for 45 minutes.

Side Dishes

Per Serving (excluding unknown items): 1106 Calories; 31g Fat (25.1% calories from fat); 43g Protein; 163g Carbohydrate; 8g Dietary Fiber; 59mg Cholesterol; 2244mg Sodium. Exchanges: 10 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 4 1/2 Fat.