

Fresh Cauliflower Au Gratin

Donna Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 medium head (one pound)
cauliflower, separated into
flowerettes
2 tablespoons water
1 tablespoon butter or
margarine
1 tablespoon all-purpose
flour
1/2 cup milk
1 teaspoon prepared
mustard (optional)
1/4 teaspoon salt
1/2 cup (2 ounce) shredded
cheddar cheese
1/8 teaspoon paprika*

Place the flowerettes in water in a one-quart casserole dish. Cover. Microwave on HIGH (100%) until tender, 8-1/2 to 10-1/2 minutes, stirring half-way through the cooking time. Drain. Set aside.

Place the margarine in a two-cup measure. Microwave on HIGH (100%) until melted, 30 seconds to 1 minute. Stir in the flour. Blend in the milk, mustard and salt. Microwave until thickened on MEDIUM-HIGH (70%), 2 to 5 minutes, stirring every minute.

Stir in the cheese until melted. Pour over the flowerettes. Sprinkle with paprika.

Per Serving (excluding unknown items): 458 Calories; 35g Fat (66.8% calories from fat); 21g Protein; 18g Carbohydrate; 3g Dietary Fiber; 107mg Cholesterol; 1092mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.