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# Golden Cauliflower

*Grace Piscatelle*

*Nettles Island Cooking in Paradise - 2014*

**1 medium head Cauliflower**

**1 cup raw carrots, diced**

**1 cup grated cheese**

**1 cup milk**

**2 tablespoons butter**

**1/4 chopped onion**

**salt (to taste)**

**pepper (to taste)**

Break the cauliflower into pieces.

Arrange the cauliflower and carrots into a casserole dish. Sprinkle with the onion and the seasonings. Dot with butter.

Pour the milk over all and sprinkle with cheese. Cover.

Bake at 350 degrees for one hour or until tender. Remove the cover for the last 15 minutes.

## Side Dishes

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*Per Serving (excluding unknown items): 845 Calories; 69g Fat (72.4% calories from fat); 39g Protein; 20g Carbohydrate; 3g Dietary Fiber; 214mg Cholesterol; 1088mg Sodium. Exchanges: 4 Lean Meat; 1 1/2 Vegetable; 1 Non-Fat Milk; 11 Fat.*