



Almost Mac 'n Cheese

From *DiabeticKitchen.com*

Preparation Time: 15 minutes
Cook Time: 25-30 minutes
Yield: 9 servings

INGREDIENTS

1 large head cauliflower (8 cups raw – it will reduce after steaming)
6 oz. cream cheese, softened
5 oz. Gouda cheese, grated
1 oz. smoked Gouda cheese, grated
¼ tsp. coarse black pepper
Dash of salt
1 ½ tsp. fresh thyme, chopped
1 TBL chives, chopped
Butter to grease casserole dish



NUTRITIONAL INFO:

Calories 165 |Fat 13g |Carbs 6g |Fiber 2g |Sugar 1g |Protein 8g

METHOD:

Preheat oven 350 degrees.

Cut up or break the cauliflower into bite size pieces, steam until tender but not mushy. Place steamed cauliflower in a bowl and mash them slightly with a fork or a potato masher. Leave it slightly chunky.

While the cauliflower is steaming, grate the both varieties of Gouda and cut the softened cream cheese into small chunks. Set aside. Chop the thyme and chives. Set aside. Grease the 9-inch square casserole dish with butter.

When the cauliflower is “al dente”, place in a bowl. Add cream cheese chunks to the cauliflower. Mix until cheese is melted and incorporated. Add the chopped thyme, dash of salt, pepper, half of the grated Gouda cheese and the smoked Gouda cheese. Mix thoroughly.

Place the cauliflower mixture in the buttered casserole dish. Top with the remaining grated Gouda.

Bake for 25-30 minutes or until bubbly. Sprinkle with the chopped chives (or garlic chives or green onions).

FOODS THAT HEAL IN THIS RECIPE:

Cauliflower - Called one of the world's healthiest food as it contains an impressive array of nutrients. Dr. Mercola lists 8 health benefits of cauliflower. Helps fight cancer, boosts heart health and brain health, its anti-inflammatory, has detoxification support and digestive benefit, has antioxidants and phytonutrients galore. rich in vitamins and minerals (vitamin C, vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese). Adding to cauliflower's appeal is its extreme versatility. You can eat it raw, add it to salads, or use it in your cooking.

KEYWORDS: Low Carb, Sugar Free, Cauliflower, Cheese, Gouda, Side Dish,