

Roasted Cauliflower and Aged Cheddar "Grits"



Serves 6

Ingredients:

- 1 small head cauliflower, cut into florets
- 1 tablespoon oil
- Salt and pepper, to taste
- 4 ounces Neufchatel or cream cheese, softened
- $\frac{1}{2}$ cup sour cream or plain Greek yogurt
- $\frac{1}{2}$ teaspoon thyme (optional)

- 1 clove garlic, minced
- 1 cup shredded, aged white cheddar

Instructions:

1. Pre-heat oven to 400°F.
2. Toss the cauliflower in the oil with salt and pepper, arrange in a single layer on a baking sheet and roast until lightly golden brown, about 20-30 minutes, stirring half way through.
3. Puree cauliflower with remaining ingredients in a food processor or blender and pour into a baking dish.
4. Bake at 350°F until the sides are bubbling and the top is lightly golden brown, about 20-30 minutes.



Note:

* To prepare this recipe in a slow cooker, implement steps 1 & 2, mix everything, place it in the slow cooker, and cook until the cheese is melted, about 1 to 2 hours on high or 2 to 4 hours on low.

Nutrition per serving: Calories 194; Total Fat 16.9 g; Saturated Fat 8.7 g; Monounsaturated Fat 4.2 g; Polyunsaturated Fat 1.9 g; Total Carbohydrates 3.9 g; Dietary Fiber 0.9 g; Sugar Alcohols 0.1 g; Sugars 2.1 g; Protein 7.5 g; Sodium 233 mg