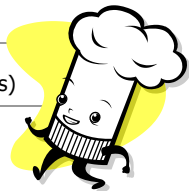

Special Cauliflower Au Gratin (mimics mashed potatoes)

4/12/11 Weight Watchers meeting (recipe #1 of 2)



Ingredients:

- 1 Whole cauliflower, cut out core, but not all the way, so it stays together
- 1/8 Cup Simply Smart or Land O' Lakes fat free half and half cream
- 1 Teaspoon real butter
- Dash+ Coarse black pepper
- 3 Tablespoons fancy shredded parmesan cheese (not in a can)

Directions:

Place cauliflower in a microwavable bowl with cover. Cook for 10-15 minutes (possibly 20 minutes) until soft.

Dump out water and pat dry with paper towels.

Place cauliflower in a food processor and mash.

Add cream, butter, pepper and cheese. Mix together.

Spray casserole dish lightly with olive oil spritzer. Pour mix into dish.

Bake at 350° (to 400°) for 20 minutes until brown and bubbly.

Casserole is 5 PointsPlus value for whole dish.