

Twice Baked Cauliflower

Author: adapted from Kalyn's Kitchen, a blog
Source: Her source: The Low Carb Gourmet
by Karen Barnaby

Carolyn T's
Cookbook

Servings: 4



- 1 head cauliflower
- 2 ounces lowfat cream cheese
- 1 Tbsp. butter
- 1/4 cup lowfat sour cream
- 1/4 cup minced green onions
- 1/4 cup Parmesan cheese, grated
- 2 slices bacon, cooked and crumbled
- 1 cup shredded cheddar cheese

Categories: Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

*Per Serving (excluding unknown items): 239 Calories;
19g Fat (69.8% calories from fat); 13g Protein; 5g
Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol;
472mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2
Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.*

Notes: Apparently this recipe came about from the South Beach Diet since it consists of a vegetable, fats, but no carbs. The original recipe called for double the amount of cream cheese, sour cream, onions, Parmesan and bacon. The only ingredients left as is are the cauliflower and the Cheddar cheese. This dish is very flexible - if you don't have every ingredient, just substitute. No sour cream? Use plain yogurt. No Parmesan? Use more cheddar. No green onions, cook up 1/2 cup of yellow onions, chopped. No cream cheese? Use Boursin herb cheese instead. Or leave it out.

Description: LIke mashed potatoes; mabe even better than.

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

Preheat oven to 350°. Cut out stem and core from cauliflower, and cut into small pieces. Cook in large pot of boiling water until cauliflower is tender, but not overly soft. Drain well and mash with potato masher, leaving some chunks. Mix in cream cheese, butter, sour cream, green onion, Parmesan, and 3/4 of the bacon. Spread evenly in an 8 X 8 inch glass casserole dish. Sprinkle with cheddar cheese and reserved bacon. Bake 20-30 minutes, or until hot and bubbly.