



# Cauliflower Mac & Cheese Bake

## D-CAMPS

### Ingredients

- 8 cups chopped cauliflower (about 1 large head, 1/2 inch pieces)
- 1 tbsp. butter
- 2 tsp. olive oil
- 1/4 cup chopped onion
- 3 tbsp. flour (GF sub if needed)
- 1/2 tsp. salt
- 2 cups of shredded cheese of choice

#### UTENSILS:

- Casserole dish
- whisk
- Large bowl
- Measuring cups
- Measuring spoons
- Cheese grater
- Oven & stove

### Prep Time

#### TOTAL TIME: 50 MIN

- Prep: 15 min
- Cook: 35 min

### Directions

- Preheat oven to 400F.
- In a large pot, fill with about 1 inch of water, add salt, and bring to a boil.
- Carefully add the cauliflower to pot and cook for about 6 minutes. Drain and set aside in a large bowl.
- Add butter and oil in a saucepan and heat over medium heat. Slowly add onions and cook for about 2 minutes.
- Add in flour, reduce heat, and cook for about 4 minutes, stir.
- When this mixture thickens, remove from heat. Add cheese, 1/4 cup at a time, mixing well. Ensure all cheese is melted.
- Mix in your cooked cauliflower, ensuring all pieces are coated.
- Carefully pour into an oven safe dish and place in oven for 15-20 minutes. Finish with a broil for 2 minutes to crisp the top.

### Additional Notes

- This recipe yields approximately 6 servings (1 1/4 cup serving size)
- This recipe can be customized with toppings or mix ins of your choice
- Approximate carbohydrate value: 8g per serving