

Cauliflower Au Gratin

Ingredients

1 head of steamed cauliflower, cut into florets

2 tablespoons butter

1 small onion, chopped

2 tablespoons all-purpose flour

1 cup fat free Half & Half

6 ounces shredded Cheddar cheese, divided

1 pinch ground black pepper

1 pinch ground nutmeg, or to taste

Method

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking dish.

Heat butter in a small saucepan over low heat; cook and stir onion in the melted butter until softened, about 5 minutes. Add flour; cook, stirring constantly, until mixture just starts to brown, 3 to 5 minutes. Gradually pour Half & Half into mixture, whisking into a smooth sauce. Cook until just simmering.

Remove sauce from heat and stir in half the Cheddar cheese until melted; sprinkle with pepper and nutmeg.

Place steamed cauliflower in the prepared baking dish; pour cheese sauce over cauliflower. Sprinkle with remaining Cheddar cheese.

Bake in the preheated oven until cheese is melted and browned, about 25 minutes.

