

Cauliflower Gratin



Ingredients:

- 1 head of cauliflower
- 1 cup light sour cream
- 1/2 cup shredded Parmesan
- 1/2 cup Italian-seasoned breadcrumbs
- 1/4 cup reduced-fat half and half
- 2 tablespoons butter, melted
- 1 teaspoon kosher salt
- 1 teaspoon lemon pepper

Directions:

- 1) Cut the cauliflower into florets, place them in a steamer and steam them for 8 to 10 minutes until tender.
- 2) Preheat your oven to 350 degrees.
- 3) Transfer half of the cauliflower to a food processor and add the sour cream, half-and-half, salt, and pepper. Process the ingredients until smooth.
- 4) Transfer the remaining half of the steamed cauliflower florets to a baking dish sprayed with cooking spray.
- 5) Pour the processed cauliflower mixture into the pan over the florets.
- 6) Combine the butter, Parmesan and breadcrumbs in a small bowl, and sprinkle the mixture on top of the cauliflower.
- 7) Place the dish in the oven and bake for 20 to 25 minutes until heated through and the breadcrumb topping is browned. Serve hot.