

Ingredients:

- 2 heads of cauliflower
- 2 cups of milk (you can use low fat options)
- 1 cup grated cheese, can be swiss, cheddar, or gruyere
- 1 handful of grated parmesan cheese
- 1 handful of chopped flat leaf / Italian parsley
- Salt & pepper to taste
- 1 cup of Italian flavored bread crumbs
- 2 cups of cauliflower "rice" (see recipe on this site)



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Take each head of cauliflower and clean all leaves from the bottom.

Cut off the stalk, so that it's flush with the rest of the cauliflower body.

Cut off all of the cauliflower florets and dice the stalk. Place in a pot of boiling, salted water.

Once cauliflower is fork tender, approximately 12-15 minutes, drain in a colander.

Cool cauliflower and add to a food processor, trying not to crowd the container of the processor. It's ok to do this in batches if it all doesn't fit at once.

Add milk, cheese, salt and pepper to cauliflower. If you're doing this in batches, add a little of each ingredient so that each batch that goes into the food processor has an even amount.

Pulse mixture until it becomes creamy and silky. Repeat until all is blended.

(continue)

CAULIFLOWER GRATIN

Pour this mixture into a lightly greased (with butter, olive oil or vegetable spray) casserole dish. Smooth out the top with the back of a spoon.

In a separate bowl add your cauliflower rice, parmesan cheese, breadcrumbs, parsley, and olive oil. Mix well with your hands until everything is incorporated and the mixture is crumbly. Add olive oil if it's too dry or add more bread crumbs if it's too loose.

Add these crumbs to the top of your casserole dish. Spread evenly on top.

Place casserole dish into a 450° oven. Bake for approximately 15-20 minutes.

The edges will begin to brow and little bubbles will begin to form, letting you know that the center is nice and hot and your gratin is ready to serve... I double promise you, this is a TOTAL crowd pleaser... plus no one will believe it's cauliflower and not mashed potatoes!!! Super healthy and delicious!