



Categories: Family Friendly. Low Carb. Gluten Free.

Low Carb Ultimate Cauliflower Casserole

Yield: 8 servings

Prep time: 15

Total time: 45

Ingredients

Cauliflower, chopped | 1 large head

Butter, unsalted, melted | 2 tablespoons

Salt | pinch

Pepper | pinch

Sour Cream | 2/3 cup

Heavy Whipping Cream | 1/4 cup

Garlic, minced | 2 cloves

Cheddar Cheese, shredded | 1 cup

Colby Jack Cheese, shredded | 1/2 cup

Bacon, cooked, chopped | 6 slices

Green Onions, chopped | 1/4 cup

Tip: We recommend using Organic dairy and meat products. You can use less cheese or replace a portion with parmesan cheese to reduce lactose.

Directions

1. Preheat oven to 450 degrees. In a bowl, toss the cauliflower with melted butter, salt, and pepper.
2. Place cauliflower in 1.5-quart dish and roast in the oven for 15-20 minutes, until soft and slightly crispy. Set to the side.
3. Cook bacon in a skillet on medium heat. Cook for a few minutes on each side until brown and crispy. Place on paper towel to cool, chop, and set to the side.
4. Meanwhile, in a large bowl, mix the sour cream and heavy whipping cream until smooth and well blended. Stir in the garlic and half of the cheeses, half of the bacon, and half of the green onions.
5. Add the cauliflower to the bowl and mix with the sauce.
6. Transfer the cauliflower mixture back to the casserole dish and top with the remaining cheese and bacon bits.
7. Bake for 5-10 minutes or until cheese is bubbly. Top with remaining green onions.

Macronutrient Breakdown, per serving

Calories 233.1 kcal | Fat 18.2 g | Total Carbohydrates 7.2 g | Dietary Fiber 2.2 g |

Net Carbohydrates 5 g | Protein 11 g