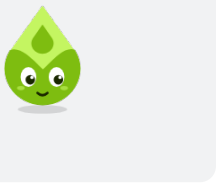
Dinner

Cheesy Cauliflower Bake with Lobster

Tender cauliflower florets stand in for pasta in this cozy baked casserole, tossed with a smooth cheese sauce, chunks of lobster, and a golden crumb topping.

60 min	150	15 g	5 g
time	calories	carbs	sugars



Nut free

Ingredients, 8 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1 head cauliflower (trimmed into florets (8 cups florets))
- [ ] 5 cup water
- [ ] 2 whole 4-oz frozen lobster tails or 1 cup chopped imitation lobster meat
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp all-purpose flour
- [ ] 2 cup milk (fat-free)
- [ ] 1/8 tsp ground nutmeg
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp hot sauce
- [ ] 3 oz Colby jack cheese (reduced-fat)
- [ ] 4 oz cream cheese (fat-free)
- [ ] 1/2 cup whole-wheat panko bread crumbs

Nutrition Facts

Per serving

Calories	**150**
Total fat	4.5 g
Saturated fat	2 g
Sodium	460 mg
Total carbs	15 g
Fiber	3 g
Total sugars	5 g
Protein	14 g

Method

- [ ] 1 Set the oven to 350° F. Spray a 9x13 inch glass baking dish all over with the nonstick cooking spray and leave it within reach.
- [ ] 2 Put the cauliflower florets in a big dish that is safe for the microwave, add 1 cup of the water, and put a cover on top. Cook for 12 minutes, or until the florets feel tender, then drain off the liquid and keep the cauliflower warm until you need it.
- [ ] 3 Start this while the cauliflower cooks. If you went with the lobster tails, heat 4 cups of water to a boil, then pull it back to the gentlest simmer. Slip the lobster tails in and poach them for 7 minutes. Lift them out, let them cool a little, cut the shells open, pull the meat free and chop it, which gives you about a cup of lobster meat. Chopped imitation lobster meat works in place of the tails if that is what you have.
- [ ] 4 Pour the olive oil into a saucepan set over medium heat and stir in the all-purpose flour. Keep it moving for 2 minutes so the flour cooks. Next, whisk in the fat-free milk, then season the sauce with the ground nutmeg, salt, black pepper and hot sauce. Let it come up to a boil before turning it down to a simmer for 3 minutes.
- [ ] 5 Drop in the reduced-fat Colby jack cheese and the fat-free cream cheese, stirring until both have melted into the sauce.
- [ ] 6 Move the cauliflower into the prepared baking dish and break the florets apart with a fork until nothing is bigger than about 1 inch.
- [ ] 7 Tip the finished cheese sauce over the cauliflower in the dish and give it a stir so every piece gets coated.
- [ ] 8 Fold the lobster through the sauced cauliflower so it spreads evenly across the dish.
- [ ] 9 Shower the whole-wheat panko bread crumbs across the surface of the casserole, then give the crumbs a light spray of the nonstick cooking spray.

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- [ ] **10** Slide the dish into the oven and bake for 30 minutes.