Dinner

Creamy Parmesan Cauliflower

Tender cauliflower florets are folded through a smooth, savory Parmesan sauce built on soft onions and garlic, then finished with a scattering of fresh parsley. A comforting side dish that comes together on the stovetop.



Nut free

50 min	140	18 g	5 g
time	calories	carbs	sugars

Ingredients, 10 servings

- [ ] 10 cup cauliflower florets (coarsely chopped, about 2 heads)
- [ ] 2 tsp extra virgin olive oil
- [ ] 2 large onions (chopped)
- [ ] 3 clove garlic (minced)
- [ ] 1/2 cup all-purpose flour
- [ ] 3 1/2 cup 1% milk
- [ ] 1/2 tsp kosher salt
- [ ] 3/4 cup Parmesan cheese (freshly grated)
- [ ] 3 tbsp parsley (finely minced)
- [ ] 1/2 tsp black pepper

Method

- [ ] **1** Pour 4 quarts of water into a 6 quart saucepan and bring it to a boil.
- [ ] **2** Add the cauliflower florets and cook for 10 to 12 minutes, until tender, then drain and set aside.
- [ ] **3** Warm the extra virgin olive oil in a large skillet over medium high heat.
- [ ] **4** Add the onions and garlic and sauté for 6 to 7 minutes, until soft, taking care that they do not brown.
- [ ] **5** In a bowl, whisk the all-purpose flour into the 1% milk until very smooth.
- [ ] **6** Pour the milk mixture into the skillet, bring it to a simmer, and cook for 2 minutes.
- [ ] **7** Season with the kosher salt and black pepper.
- [ ] **8** Whisk in the Parmesan cheese until the sauce is smooth.
- [ ] **9** Gently fold in the cauliflower florets until evenly coated.
- [ ] **10** Garnish with the minced parsley and serve.

Nutrition Facts

Per serving

Calories	**140**
Total fat	4.5 g
Saturated fat	2 g
Sodium	280 mg
Total carbs	18 g
Fiber	3 g
Total sugars	5 g
Protein	8 g

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