



## **Cauliflower Mac and Cheese**

### **Ingredients:**

- 1 large head cauliflower, cut into small florets
- Vegetable oil spray
- 1 container of almond milk (1 cup almond milk reserved after cooking to be mixed in)
- 1 small container green onion or herb cream cheese
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 cups 2% low fat shredded sharp Cheddar, plus 1/2 cup for topping the casserole
- 1 tablespoon chicken base
- 1/8 teaspoon garlic powder
- 1/8 teaspoon smoked paprika
- Salt and pepper to taste

### **Directions:**

Preheat oven to 425 degrees F. Bring a large pot of almond milk to a boil. Season almond milk liberally with salt.

Spray the baking dish with vegetable oil spray.

Cook the cauliflower until crisp-tender, about 5 minutes. Drain off liquid reserving about a cup. Transfer the cauliflower to the baking dish and set aside.

In a separate bowl mix together remaining cup of almond milk, cream cheese, seasoning and mustard until smooth. Stir in shredded cheese and garlic and mix till incorporated. Pour over the cauliflower, and stir to combine. Top with the remaining 1/2 cup shredded cheese and switch oven to broil. Cook on broil for about 5 minutes or until cheese is bubbly. Don't walk away while on broil!

### **Nutrition Information:**

#### **Amount Per Serving 1 cup**

- Total Fat: 3g
- Saturated Fat: 1g
- Cholesterol: 20mg
- Sodium: 1200mg
- Carbohydrates: 16g
- Fiber: 6g
- Sugar: 3g
- Protein: 6g

## Cauliflower "Fried Rice"

### Ingredients:

- 1 large head cauliflower
- 1 tbsp. sesame oil
- 2 eggs
- Salt and pepper to taste
- cooking spray
- 1/2 small onion, diced fine
- 1/2 cup frozen peas and carrots
- 2 garlic cloves, minced
- 1 bunch scallions, diced
- 3 tbsp. soy sauce

### Directions:

1. De0core the cauliflower and grate through the course side of a box grater or coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is in pieces larger than a grain of rice.
2. Beat eggs in a small bowl with a whisk, season with salt and pepper.
3. Heat a large sauté pan or wok over medium/high heat and add sesame oil.
4. Sauté onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft.
5. Add the cauliflower "rice" to the sauté pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside.
6. Add the eggs and cook, turning a few times until set.
7. Add scallion and serve.

### Nutrition Information:

#### Amount Per Serving 1.5 cups

- Calories: 108
- Total Fat: 3g
- Saturated Fat: g
- Cholesterol: 47mg
- Sodium: 868mg
- Carbohydrates: 14g
- Fiber: 6g
- Sugar: 1g
- Protein: 9g