

# LOADED CAULIFLOWER CASSEROLE



## INGREDIENTS:

- 1 large head of cauliflower (~ 1 kg | 2 lbs.)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 oz reduced fat cream cheese
- 1/4 cup non fat Greek yogurt
- 1 cup low fat cheddar cheese
- 1/4 cup low fat Parmesan cheese
- 1/4 cup bacon bits (turkey or pork)
- Chives

## DIRECTIONS:

1. Preheat oven to 425 F
  2. Line a baking sheet with foil and spray with cooking spray
  3. Cut the cauliflower head into small pieces and place them in a large bowl. Toss and cover the cauliflower with olive oil, salt, pepper, and garlic powder
  4. Place the cauliflower on the baking sheet and cook for 30 minutes
  5. Place cream cheese, Greek yogurt, 3/4 cup of cheddar, 2 tbsp of Parmesan cheese, and 2 tbsp of bacon bits in a bowl. Mix well.
  6. After the cauliflower has cooked for 30 minutes, transfer to a deep casserole dish (~ 1.5 qt size) place dollops of the cheese mixture over the cauliflower.
  7. Top with remaining cheddar cheese, Parmesan cheese, and bacon bits.
  8. Cook for another 10 minutes
  9. Garnish with chives. Split into 6 equal servings
- Enjoy!

Makes 6 Servings

Calories: 210 | Protein: 13 g | Carb: 10 g | Fat: 14 g | Fiber: 3