



## **Cauliflower Casserole**

This casserole is a great side dish for anything you want. Serve it with fish, pork, beef or chicken. It is very easy to make, super frugal and a delicious way to feed the family cauliflower! Here is what you are going to need for this dish:

- 1 large or 2 small heads cauliflower, separated into florets
- 4 tablespoons butter
- 4 tablespoons flour
- 4 cups milk
- 1 teaspoon grated fresh nutmeg or ground nutmeg
- 1 teaspoon dry mustard
- Salt & Pepper
- 1/2 cup grated Parmesan cheese

Preheat the oven to 350 degrees F.

Steam the cauliflower for 6 to 8 minutes, until almost cooked through.

Melt the butter in a heavy saucepan. Add the flour and whisk it until smooth. Cook the butter and flour for about 2 minutes, whisking constantly. Slowly add the milk and whisk until you have a smooth white sauce. Add the mustard and nutmeg. Season with salt and pepper. Whisk until you have absolutely no lumps. Cook the sauce for 4 to 5 minutes on very low heat. Add 1/4 cup Parmesan cheese and mix well.

Place the cauliflower in a casserole dish and cover with the white sauce. Cover with the rest of the Parmesan cheese. Sprinkle with paprika. Place in oven and cook for 20 to 25 minutes, until the cauliflower is completely cooked through, the sauce is bubbly and the cheese melted and browned.