



Cauli' Fondue



1/8th of recipe (about 1/3 cup): 89 calories, 4g total fat (2g sat. fat), 316mg sodium, 6g carbs, 1.5g fiber, 3g sugars, 8g protein

Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

6 cups roughly chopped cauliflower
3/4 cup fat-free milk
1/3 cup grated Parmesan cheese
2 tsp. chopped garlic
1/2 tsp. salt
1/4 tsp. black pepper
4 slices reduced-fat Swiss cheese

Directions

Bring a large pot of water to a boil. Cook cauliflower until very tender, about 15 minutes.

Transfer cauliflower to a strainer to drain.

Place drained cauliflower in a blender or food processor. Add 1/4 cup water and all remaining ingredients *except* Swiss cheese. Puree until smooth and uniform.

Transfer puree to the (empty) pot. Bring heat to medium low.

Break Swiss cheese into pieces, and add it to the pot. Cook and stir until cheese has melted and is evenly distributed, about 2 minutes.

Serve immediately.

MAKES 8 SERVINGS

HG Tip: During a party, keep your fondue warm in a small slow cooker or old-school fondue pot!

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