



Loaded Cauliflower Casserole



1/4th of recipe: 177 calories, 10g total fat (5.5g sat. fat), 604mg sodium, 15g carbs, 4g fiber, 7.5g sugars, 9.5g protein

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

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Ingredients

7 cups roughly chopped cauliflower (about 1 extra-large head)
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/3 cup light/reduced-fat cream cheese, room temperature
1/4 cup cheddar cheese powder (like [the kind by Anthony's](#))
2 tbsp. light sour cream
1 tbsp. light butter
1/8 tsp. each salt and black pepper
2 slices center-cut bacon or turkey bacon
2 tbsp. shredded reduced-fat cheddar cheese
2 tbsp. chopped scallions

Directions

Preheat oven to 425 degrees. Spray a baking sheet and an 8" X 8" baking pan with nonstick spray.

Place cauliflower on the baking sheet, and lightly spray with nonstick spray. Sprinkle with garlic powder and onion powder. Bake until tender and lightly browned, about 25 minutes.

Meanwhile, prepare sauce and bacon. In a large bowl, stir cream cheese until smooth. Add cheese powder, sour cream, butter, salt, and pepper. Stir until mostly smooth and uniform.

Cook bacon until crispy, either in a skillet or in the microwave. (See package for cook time.) Roughly chop bacon.

Add cauliflower to the bowl of sauce, and thoroughly stir to coat. Transfer to the baking pan.

Sprinkle with cheddar and bacon. Bake until cheddar has melted, about 5 minutes.

Top with scallions.

MAKES 4 SERVINGS

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