

# Easy cauliflower cheese



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**Preparation:** about 10 mins **Cooking:** about 10 mins **Serves:** 4 as a side dish

### Ingredients:

olive oil cooking spray  
1/2 medium cauliflower, trimmed  
and cut into medium florets\*  
salt and ground black pepper  
100g ricotta cheese, crumbled  
1 cup grated reduced fat mozzarella  
cheese  
100g parmesan cheese, grated  
*\*About 700g cauliflower florets*

### Method:

1. Preheat a grill on medium-high heat. Grease a 6-cup shallow baking dish with oil spray.
2. Steam cauliflower in a steamer basket over a saucepan of simmering water for 4–5 minutes or until just tender. Alternatively, place cauliflower in a single layer in a medium shallow microwave-safe dish. Cover with plastic wrap. Microwave on high/100% power for 4–5 minutes or until just tender. Drain.
3. Place hot cauliflower into prepared dish. Season with salt and pepper to taste. Sprinkle evenly with ricotta, mozzarella and parmesan cheeses. Place under a hot grill (top about 5cm from heat source) and grill for 4–5 minutes or until top is golden. Serve immediately.



### Cauliflower:

- Green vegies are tops for nutrition, but a snowy-white cauliflower gives them a run, packing a powerful nutritional punch with many vitamins, including three of the B group vitamins – folate (important for heart health), biotin (helps maintain healthy levels of glucose in the blood) and niacin (vital for the release of energy from our food).
- An excellent source of vitamin C, one of the anti-infection vitamins.
- A good source of dietary fibre, including soluble fibre. Dietary fibre helps maintain healthy bacteria in the bowel.