

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Loaded Cauliflower

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1 pound cauliflower florettes
4 ounces sour cream
1 cup grated cheddar cheese
2 slices cooked bacon crumbled
2 tablespoons snipped chives
3 tablespoons butter
1/4 teaspoon garlic powder
salt and pepper to taste

1. Steam your cauliflower the conventional way (See notes below).
2. Add the cauliflower to a food processor and process until fluffy. Add the butter, garlic powder, and sour cream and process until it resembles the consistency of mashes potatoes. Remove the mashed cauliflower to a bowl and add most of the chives, saving some to add to the top later. Add half of the cheddar cheese and mix by hand. Season with salt and pepper.
3. Top the loaded cauliflower with the remaining cheese, remaining chives and bacon. Place the cauliflower under the broiler for a few minutes.

How to Steam Cauliflower in a Pan

Bring about 1/4 inch of water to a boil in a large frying pan.
Add about 1/2 teaspoon fine sea salt and trimmed and cleaned cauliflower florets.
Cover and steam until as tender as you like (about 3 minutes for crisp-tender and up to 8 minutes for completely cooked, soft florets).

How to Steam Cauliflower in a Steamer Basket

Bring about an inch of water to a boil in the bottom of a pot into which your steamer basket or insert fits.
Put trimmed and cleaned cauliflower florets in the steamer basket.
Set over the boiling water, cover, and steam until tender to the bite, again about 3 for crisp-tender and up to 8 minutes for fully tender florets.