

Cheesy Baked Mashed Fauxtatoes

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SERVINGS: 4

NUTRITION INFO

Calories — 314 Fat — 26 g Protein — 16 g
Carbs — 6 g Fiber — 2 g Net carbs — 4 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS

- 3 C. coarsely riced (pearl size) cauliflower
- 2 C. white extra sharp cheddar cheese, divided
- ¼ C. milk (2% or whole)
- 2 T. sour cream
- 2 T. butter
- ½ tsp. onion powder
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place riced cauliflower in a microwave safe bowl. Add enough water to cover cauliflower; cover bowl and microwave 8 - 10 minutes or until fork tender. Drain and set aside.
3. Meanwhile, in a medium sauce pan over medium/medium low heat, add milk, sour cream, butter and onion powder. Stir constantly until melted and creamy.
4. Add 1 ½ C. shredded cheese to sauce pan reserving ½ cup (for topping fauxtatoes). Continue to stir until cheese is melted and mixture is creamy.
5. Fold cauliflower into cheese mixture until coated, add to an 8"x 8" square or round casserole dish.
6. Sprinkle remaining ½ C. shredded cheese over the top and season with salt and pepper; bake 20 minutes.