



**Makes 8 cups**  
**Preparation Time: 30 minutes**  
**Cook Time: 20 minutes**

#### INGREDIENTS:

8 cups cauliflower florets (2 lb.)

1 small onion, chopped ( $\frac{3}{4}$  cup)

3 cloves garlic, minced

1 $\frac{1}{4}$  cups unsweetened,  
unflavored plant milk, such as  
almond, soy, cashew, or rice

3 tablespoons nutritional yeast

2 $\frac{1}{2}$  tablespoons lemon juice

4 teaspoons white whole wheat  
flour

4 teaspoons Dijon-style mustard

2 tablespoons chopped fresh  
Italian parsley

Ground white pepper, to taste

$\frac{1}{2}$  cup whole wheat panko bread  
crumbs

$\frac{1}{4}$  cup sliced almonds

## Creamy Cauliflower Bake

This striking baked cauliflower side dish will be a hit for any holiday spread, potluck, or Sunday night supper. With its cheesy sauce, fork-tender veggies, and crispy toppings, this dish is a satisfying blend of textures and flavors. If you like, you can substitute broccoli for some or all of the cauliflower.

By Shelli McConnell

- 1 Preheat oven to 375°F. Place cauliflower and onion in a steamer basket in a Dutch oven. Add water to Dutch oven to just below basket. Bring to boiling. Steam, covered, about 8 minutes or just until tender. Transfer to a 2-qt. baking dish.
- 2 For sauce, in a small saucepan cook garlic in 2 Tbsp. water over medium about 3 minutes or until tender, stirring occasionally. In a blender combine cooked garlic and the next five ingredients (through mustard); cover and blend until smooth. Return to saucepan. Cook and stir about 8 minutes or until thickened and bubbly. Stir in parsley. Season with white pepper. Pour sauce over cauliflower in baking dish.
- 3 Sprinkle panko and almonds over cauliflower. Bake, uncovered, about 20 minutes or until heated through. To transport, cover dish and place in an insulated carrier with a hot pack.