Keep It Simple Cauliflower Cheese Casserole

By Pesto lover on March 14, 2008

5 Reviews

 Prep Time: 5 mins  Total Time: 20 mins  Servings: 6

Ingredients

- 1 medium cauliflower, separated into flowerets
- 1 (10 ounce) cans cream of mushroom soup
- 3 tablespoons sour cream (I use light)
- 2 teaspoons dried onion flakes
- 2 cups cheese, shredded (Cheddar or a mix of cheddar and monterey jack)
- 1/4 teaspoon pepper
- 3/4 cup Ritz crackers, crushed (I use reduced fat)

Directions

1. Preheat oven to 350°F.
2. Boil or steam cauliflower until just barely tender. Plunge into cold water to stop cooking.
3. Spray a square casserole dish with non-stick spray.
4. In a medium bowl, mix soup, sour cream, onion flakes, pepper and cheese.
5. Place well-drained cauliflower in casserole dish.
6. Cover cauliflower with soup mixture.
7. Sprinkle Ritz cracker crumbs all over top.
8. Bake until bubbly - about 15 minutes.

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