

# Cauliflower Au Gratin

## Ingredients

- 1/2 head large (6-7" dia.) cauliflower
- 1 cup italian cheese sauce
- 1/4 cup green chili peppers



## Directions

1. Steam cauliflower in perforated pan for approximately 15 minutes or until tender.
2. Put cauliflower in a 12 x 20 inch pan and mix in cheese sauce and green chili peppers.
3. Bake in oven uncovered for 15 minutes or until the internal temperature reaches 165°F.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 121 calories, 7.29 g fat, 4.38 g saturated fat, 448 mg sodium, 7.92 g carbohydrate, 2.32 g fiber, 2.8 g sugar, 7.8 g protein