

Featured RECIPE

Cheese, Leek and Cauliflower Casserole

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| 2 tbsp olive oil | 1/8 tsp ground nutmeg |
| 4 cups small cauliflower florets | 1/2 cup evaporated skim milk |
| 2 medium leeks, trimmed and cut into 1/2-inch slices | 1/2 cup grated reduced-fat feta cheese |
| 2 tbsp all-purpose flour | 1/2 cup coarse fresh breadcrumbs |
| | 1/4 cup grated Parmesan cheese |

1. Heat oil in large skillet over medium heat; add cauliflower and sauté 5 minutes. Add sliced leeks and sauté 2 to 3 minutes. *Note:* Use bulb and lower leaf portion of leeks; rinse thoroughly before cooking.
2. Remove skillet from heat. Sprinkle veggies with flour and nutmeg; gently combine.
3. Spoon into a 2-quart baking dish. Pour milk over mixture. Sprinkle with remaining ingredients.
4. Bake in 400°F oven for 25 minutes or until top is browned and crispy.

MAKES about 6 one-cup servings. Per serving:

164 calories • 8.9g protein • 8.2g fat • 2.8g sat fat • 0mg cholesterol • 17.3g carbs • 8g sugar • 2g fiber • 311mg sodium