

# Cauliflower Carrot Casserole

**Recipe Type:** Main Dish

**Serves:** 4

**Prep Time:** 25 minutes

**Cooking Time:** 40 minutes

**C** means cup    **T** means tablespoon    **t** means teaspoon    **oz** means ounce

## What you need:

- 1 medium head of cauliflower
- 5 medium carrots
- 1 small onion
- 3 garlic cloves
- 4 C water
- 1/2 C fat-free mayonnaise
- 3/4 C light sour cream
- 1 T canola oil
- 1/2 C plain bread crumbs
- 1 t dried parsley or 1 T fresh parsley
- 1/4 t black pepper
- Salt-free seasoning of your choice

## What to do:

1. Preheat the oven to 350° degrees.
2. Wash your hands.
3. Dice the cauliflower, carrots, onions and garlic.
4. Sauté the onions and garlic in 1 t of oil.
5. Cook the carrots in boiling water for 7 minutes.
6. Add the cauliflower and cook for 5 more minutes.
7. Drain and let the veggies cool.
8. Mix the mayo, sour cream, pepper and seasoning in a large bowl.
9. Add all the veggies and mix well.
10. Grease a baking dish with the rest of the oil.
11. Put the veggies in the baking dish and sprinkle the bread crumbs on top.
12. Cover and bake for 20 minutes.
13. Remove the cover and bake for 5 more minutes.
14. Serve it warm and enjoy!



This is a picture of 1 serving.

## Nutrition Facts

**Serving Size** 1 and 1/2 C

**Amount Per Serving**

**Calories** 250

**Calories from Fat** 100

**%Daily Value\***

**Total Fat** 11 g **17%**

Saturated Fat 4 g **20%**

Trans Fat 0 g

**Cholesterol** 20 mg **7%**

**Sodium** 470 mg **20%**

**Total Carbohydrate** 34 g **11%**

Dietary Fiber 7 g **28%**

Sugars 10 g

**Protein** 7 g

Vitamin D 0

Calcium 15

\* Percent Daily Values are based on a 2,000 calorie diet.

FK= 3.5; 11/15/2012

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