

Thanksgiving Side Dish Alternative for Diabetics

Creamy Cheesy Cauliflower

Ingredients:

10 cups of coarsely chopped cauliflower (about 2 heads)

2 teaspoons of butter

2 large onions, chopped

3 garlic cloves, minced

1/2 cup of all-purpose flour

3 and 1/2 cups of 1% milk

Salt and pepper to taste

3/4 cup freshly grated parmesan cheese

3 tablespoons of finely minced parsley



Instructions

- Add 4 quarts of water to a 6 quart saucepan. Bring the water to a boil. Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain and set aside.
- In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.

Nutritional Facts (per 1/3 cup)

Calories = 90

Saturated Fat = 1.4g

Carbohydrates = 12g

Dietary Fiber = 2g

Protein = 6g

Cholesterol = 10mg

Fat = 2.5g

Sodium = 80mg