



## Baked Cauliflower Puree

**This Recipe Serves 6**

### Ingredients

Nonstick cooking spray  
2 heads cauliflower, cut into florets  
 $\frac{3}{4}$  cup broth, any  
2 Tablespoons oil, butter or margarine  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon ground black pepper  
 $\frac{1}{4}$  cup chopped fresh parsley (or any fresh herb), divided (optional)  
 $\frac{1}{4}$  cup freshly grated Parmesan cheese

### Directions

1. Preheat oven to 350 degrees. Coat an 8x8-inch baking dish with cooking spray.
2. Place cauliflower florets, chicken broth, oil, butter or margarine, salt and pepper into a large soup pot over high heat until liquid starts to boil. Reduce to a simmer, cover and steam for 10-12 minutes or until cauliflower is completely tender when poked with a fork.
3. Using an immersion blender, food processor or potato masher, blend the cauliflower mixture until smooth. Fold in two tablespoons chopped parsley.
4. In a small bowl, combine the remaining two tablespoons parsley with the grated cheese.
5. Pour the pureed cauliflower into the prepared baking dish. Sprinkle the top with cheese and parsley mixture and bake for 5-7 minutes or until cheese is melted and starting to brown.