



Turkey Bacon Cauliflower "Mac" 'n' Cheese

(MAKES 3 SERVINGS, APPROX. 3 CUPS EACH)

TOTAL TIME: 40 MIN.
PREP TIME: 4 MIN.
COOKING TIME: 36 MIN.



12 cups / 1,285 g cauliflower florets
(approx. 3 medium heads),
chopped small

Paper towel

2 slices / 30 g turkey bacon

2 cups / 480 ml unsweetened almond milk

1 cup / 115 g reduced-fat shredded cheddar cheese

¼ cup / 20 g nutritional yeast

1 Tbsp. + 1 tsp. cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make a slurry)

1. Preheat oven to 400° F (205 °C).
2. Spread cauliflower in a 9 x 13-inch (23 x 33-centimeter) baking dish; set aside.
3. Place paper towel on a cutting board.
4. Place bacon in a large nonstick skillet over medium-high heat. Cook for 2 minutes; flip. Cook for an additional 2 minutes, or until crispy. Remove to prepared board; chop. Sprinkle over cauliflower.
5. Discard excess bacon fat from skillet; return skillet to heat. Add almond milk, scraping up browned bits from skillet; bring to a boil.
6. Add cheese, whisking to combine until cheese is incorporated.
7. Add nutritional yeast and cornstarch slurry; whisk to combine. Cook for 1 to 2 minutes, or until thickened.
8. Pour cheese mixture over cauliflower and bacon; stir to combine.
9. Bake for 25 to 30 minutes, or until cauliflower is tender.

Tips:

- If you like your cauliflower soft, microwave it first, in a microwave-safe bowl, with ¼ cup of water, for 5 to 6 minutes, then drain.
- You can use frozen cauliflower as well. Thaw according to package instructions, then drain excess liquid.
- Feel free to substitute broccoli or any similar vegetable.

Recipes containing the **F** icon are designed to be high in fiber. These recipes contain at least 20% of the daily value for fiber.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **P** icon are designed to be high in protein. These recipes contain at least 20% of the daily value for protein.



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