

Cauliflower Casserole

1 (16 ounces) package cauliflower
Nonstick cooking spray
1 (8 ounces) carton fat free sour cream
2 eggs
 $\frac{1}{2}$ cup shredded reduced fat cheddar cheese
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{3}$ cup bread crumbs

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 96
Carbohydrate: 10 grams
Protein: 6 grams
Fat: 3 grams
Saturated fat: 1 gram
Cholesterol: 60 milligrams
Sodium: 228 milligrams
Dietary fiber: 2 grams

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1. Preheat oven to 375°.
 2. Boil cauliflower until tender, or cook in microwave as directed on package. Drain well.
 3. Coat shallow $1\frac{1}{2}$ quart casserole dish with cooking spray and put cauliflower in dish.
 4. Combine sour cream and next 4 ingredients in a bowl; stir well. Pour sour cream mixture over cauliflower.
 5. Sprinkle bread crumbs over sour cream mixture. Coat bread crumb mixture with cooking spray.
 6. Bake uncovered at 375° for 20 minutes or until hot and bubbly.