



# ShopRite



## KIDZ COOK

### Recipe of the Week!

**TAKE ONE HOME AND TRY IT YOURSELF!**

#### Cauliflower Mac & Cheese

(Serves 6)

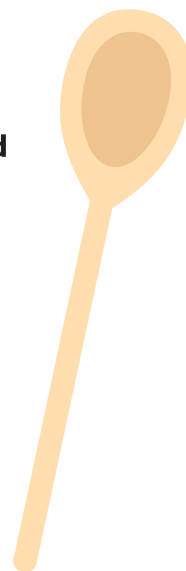
##### Ingredients

- 6-8 cups cauliflower chopped into 1-inch pieces (about 1 1/2 heads of cauliflower)
- 2 tablespoons butter
- 3 tablespoons flour
- 2 cups whole milk
- 1 1/2 teaspoons salt
- 1/4 teaspoon cracked black pepper
- 1/2 teaspoon garlic powder
- 2 cups shredded sharp cheddar cheese - 8 ounces

##### Instructions

- Preheat the oven to 375 degrees.
- Fill a microwave-safe bowl with 1 inch of water. Add cauliflower to the bowl and microwave on high for 8 minutes. Drain and set cauliflower aside.
- In a large saucepan, melt butter over medium heat.
- Stir in flour for about 3 minutes.
- Gradually whisk in the milk, a little at a time, until completely incorporated and mixture is thick and smooth.
- Remove from heat, salt, pepper, stir in garlic powder, and shredded cheese until melted and completely incorporated and smooth.
- Stir in cauliflower. Transfer to a 9x13 inch baking dish.
- BAKE for 25 minutes until the cheese is bubbly and begins to brown. Switch to BROIL for 2-4 minutes to brown the top a bit more.
- Dish will be hot! Allow to cool slightly before serving.

**NOTES** For the cheese: DO NOT use pre-shredded cheese! I know it's tempting for the sake of convenience but please shred the cheese yourself. Pre-shredded cheese has a special coating to keep it from all clumping together in the package and this coating keeps it from melting properly in the sauce, it will end up grainy. You can swap out some or all of the cheese for another kind. I have made this with white cheddar cheese and it is delicious. Try half white cheddar, half pepper jack for a bit of a kick!



**Enjoy!**

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