

Cauliflower Carrot Casserole

Recipe Type: Main Dish

Serves: 4

Prep Time: 25 minutes

Cooking Time: 40 minutes

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 1 medium cauliflower
- 5 medium carrots
- 1 small onion
- 3 garlic cloves
- 1 T canola oil
- 4 C water
- ½ C fat-free mayonnaise
- ¾ C light sour cream
- ¼ t black pepper
- 1 t dried parsley or 1 T fresh parsley
- 1 T salt-free seasoning of your choice
- ½ C plain breadcrumbs

What to do:

1. Wash your hands.
2. Preheat the oven to 350°F degrees.
3. Dice the cauliflower, carrots, onions and garlic.
4. Sauté the onions and garlic in 1 t of oil.
5. Cook the carrots in boiling water for 7 minutes.
6. Add the cauliflower and cook for 5 more minutes.
7. Drain and let the veggies cool.
8. Mix the mayo, sour cream, and seasonings in a large bowl.
9. Add all the veggies and mix well.
10. Grease a baking dish with the rest of the oil.
11. Put the veggies in the baking dish and sprinkle the breadcrumbs on top.
12. Cover and bake for 20 minutes.
13. Remove the cover and bake for 5 more minutes.
14. Serve it warm and enjoy!



This is a picture of 1 serving.

Contains: Milk, Egg, and Wheat

Nutrition Facts	
4 servings per container	
Serving size	1 1/2 Cup (573g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 470mg	20%
Total Carbohydrate 38g	14%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 2mg	10%
Potassium 893mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FK= 4.7