

HAM "MOCK MAC" AND CHEESE CASSEROLE

calories 210 | fat 16g protein 8g fiber 3g Net Carbs 4g

cook time 20 mins

prep time 15 mins

serves 8

Shopping List

vegetable oil spray

kosher salt for water

1 large head cauliflower, cut into small florets and pieces

3/4 cup heavy cream (may use unsweetened soy milk, recommended: Silk brand)

4 ounces cream cheese, cut into small pieces (may use low-fat)

1 1/2 teaspoons Dijon mustard

1/2 teaspoon kosher salt

1/4 teaspoon ground black pepper

1/8 teaspoon garlic powder

1 1/2 cups shredded cheddar cheese, plus 1/2 cup more for topping the casserole

6 ounces baked ham, cubed

SPECIAL EQUIPMENT: 8 x 8 inch oven-proof casserole dish

Directions

1. Place the rack in the center position and preheat the oven to 375 degrees F. Bring a large pot of water to a boil and season with salt. Spray the casserole dish with vegetable oil.

2. Cook the cauliflower in the boiling water for about 5 minutes until crisp yet tender. Drain well, pat between layers of paper towels to dry and transfer to the baking dish.

3. Bring the cream to a simmer in a small saucepan and whisk in the cream cheese, mustard, salt, pepper and garlic until smooth.

4. Stir in 1 1/2 cups of the cheese and whisk for just a minute until the cheese melts. Remove from the heat and pour into the casserole dish, covering the cauliflower.

5. Sprinkle the cubed ham over all, top with the remaining 1/2 cup cheese and bake for about 15 minutes until browned and bubbly hot. Let cool for about 5 minutes and serve.

George's Tips:

Although I suggest using the leftovers from a ham dinner to make this casserole, packages of fully cooked, cubed ham are available in the meat department of grocery stores sold above the baked hams.