

# Cauliflower Mac and Cheese



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

We all want our comfort foods. For many that's mac and cheese, but we all know it's not really good for us. We used to think the bad part was the cheese. Now we know it was the macaroni.

This dish is pretty easy to make. I was amazed at how authentic it tastes! You know how you can eat mac and cheese and not even use your teeth? This had the same result. BIG YUM!

## **Ingredients:**

- 1 large head of cauliflower. Take off the stems and cut the rest into bite-size pieces.
- 2 Tbl of butter
- 1 Tbl potato starch (Find this in the organic Bob's Mill section. You can use this to thicken all of your sauces. It's totally low carb!)
- 1 tsp of garlic powder
- 2 cups of whipping cream
- 2 cups of grated cheddar cheese (use the good stuff)
- 2 egg yolks, broken (discard whites or use for something else)
- A whisp of cayenne or to taste

- Grated sea salt and pepper to taste

## **Instructions:**

Preheat oven to 350 degrees. Set a pot of water to boil and get out your steamer insert. Add the cauliflower bits to the steamer and steam over simmering water about 5 minutes or until just tender.

Melt butter in a medium saucepan and stir in the potato starch. Add the cream and the garlic powder. Stir until it starts to thicken. Maybe 5 minutes. Add the grated cheddar and remove from heat. Add the cayenne, and egg yolks. Stir until the whole thing is melty. Fold in the cauliflower.

Spray your 9" x 13" ovenproof pan. Pour in the cauliflower mixture. Bake 30 minutes or until casserole is hot and bubbly.

Let cool for a few minutes so you don't fry your mouth.

Enjoy!

Optional: For my less-low carb friends I took half of the casserole and covered it with French's onion strings and a bit more cayenne sprinkled on top. They were in heaven with the crunch. Mine tasted perfectly good with no onion strings.

Cheers,