

## Cheesy Baked Cauliflower

**Servings:** 4

**Prep Time:** 10 min | **Cook Time:** 25 min | **Total Time:** 35 min

### Ingredients

- 1 large head of cauliflower, cut into florets
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 cup heavy cream (or half-and-half for a lighter option)
- 1 tsp Dijon mustard
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 ½ cups shredded cheese (cheddar, mozzarella, or Gruyère – or a mix!)
- ¼ cup grated Parmesan
- ½ cup pork rind crumbs or almond flour (for keto) **OR** breadcrumbs (for a crispy top)
- 1 tbsp fresh parsley, chopped (optional for garnish)

### Instructions

1. **Preheat the oven** to 375°F (190°C). Grease a baking dish with butter or non-stick spray.
2. **Steam the cauliflower:** Boil or steam the florets for 4-5 minutes until slightly tender. Drain and set aside.
3. **Make the cheesy sauce:**
  - In a saucepan, melt butter over medium heat.
  - Add garlic and cook for 30 seconds until fragrant.
  - Pour in heavy cream, Dijon mustard, smoked paprika, salt, and pepper.
  - Stir in 1 cup of shredded cheese, whisking until melted and smooth.
4. **Assemble the dish:**
  - Place the cauliflower in the baking dish and pour the cheese sauce over it, tossing to coat.
  - Sprinkle with Parmesan and remaining shredded cheese.
  - Top with pork rind crumbs, almond flour, or breadcrumbs for crunch.
5. **Bake** for 15-20 minutes until golden and bubbly.
6. **Garnish** with fresh parsley and serve warm.

### Flavor Profile

This dish is **creamy, cheesy, and slightly smoky** from the paprika. The mustard adds a hint of tang, while the crispy topping gives a nice texture contrast.

## Nutritional Breakdown (Per Serving)

*(Based on keto-friendly ingredients, using pork rind crumbs)*

- **Calories:** ~320 kcal
- **Protein:** ~12g
- **Fat:** ~28g
- **Carbs:** ~6g (Net: ~4g)
- **Fiber:** ~2g

## Tips & Variations

- ✓ **Make it spicier** 🌶️ – Add red pepper flakes or a dash of cayenne.
- ✓ **Extra crispy topping** – Use crushed keto crackers or add more Parmesan.
- ✓ **Protein boost** 🍗 – Stir in shredded chicken or crumbled bacon.
- ✓ **Dairy-free option** 🥥 – Use coconut cream and dairy-free cheese.