

Cauliflower with New Mornay Sauce

From – eatingwell.com

1 head cauliflower, cut into large florets
1 ¼ cups nonfat milk, divided
3 Tbsp all-purpose flour
½ cup low-fat cottage cheese
½ cup shredded Swiss cheese, preferably Gruyere
¼ tsp salt
¼ tsp freshly ground black or white pepper
3 Tbsp freshly grated Parmesan cheese
1 ½ Tbsp unseasoned fine dry breadcrumbs

- Set rack in upper portion of oven. Preheat to 375 degrees. Coat a shallow 2-quart baking or gratin dish with cooking spray.
- Place cauliflower florets in a steamer basket over boiling water. Cover and steam until tender but not soft, 5 to 7 minutes. Refresh under cool water and set aside.
- Scald 1 cup milk in a medium heavy saucepan over medium heat.
- Stir together flour and the remaining ¼ cup cold milk in a small bowl to make a smooth paste. Stir into the hot milk mixture and cook, stirring constantly, until thickened, about 3 to 4 minutes.
- Remove from the heat and whisk in cottage cheese, Swiss cheese, salt and pepper.
- Transfer sauce to a food processor or blender and puree until smooth.
- Spread one-third of the sauce in prepared baking dish. Arrange the steamed cauliflower over it and top with the remaining sauce.
- Sprinkle with Parmesan and breadcrumbs.
- Bake until golden brown and bubbly, about 30 minutes.



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