

Cauliflower Grilled Cheese

Total Yield: 4 sandwiches (4 servings)

Serving Size: 1 sandwich

Cooking Methods: Grilled on stove top

Estimated Prep Time: 15 minutes

Estimated Cooking Time: 5-10 minutes

Ingredients

Cauliflower	1 head (about 4 cups)
Eggs, lightly beaten	2 large eggs
Parmesan, finely grated	½ cup
Oregano	½ tsp
White cheddar, shredded	1 cup

Nutrition per serving

Calories (kcal)	240.4
Total Fat (g)	16.5
Saturated Fat (g)	9.4
Sodium (mg)	448.8
Total Carbohydrates (g)	6.4
Fibre (g)	1.9
Net carbohydrates (g)	4.5
Protein (g)	17.5



Allergens: Eggs; Milk; dry herbs may contain sulphites

Instructions:

1. Cut cauliflower into florets. Process cauliflower florets in a food processor until the texture resembles rice. Alternatively, you can grate the cauliflower.
2. In a medium bowl, combine processed cauliflower, eggs, Parmesan and oregano. Mix until evenly combined then season with salt and pepper.
3. Heat a large nonstick skillet over medium heat. Spray with cooking spray then scoop ½ cup of the cauliflower mixture into a small patty on one side of the pan. Repeat to form a second patty on the other side. (These are your “bread” slices.) Press down on both pieces with a spatula and cook until golden underneath, about 5 minutes. Flip and cook until the other sides are golden, about 3 minutes more.
4. Top one cauliflower slice with ¼ cup of white cheddar cheese then place the other cauliflower slice on top. Cook until the cheese is melted, about 2 minutes more per side. Repeat with remaining ingredients.

Entrée

Adapted from: Delish (www.delish.com)