

ROASTED CAULIFLOWER WITH EASY CHEESE SAUCE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

Golden, tender cauliflower florets meet a velvety homemade cheese sauce in this decadent side dish. Perfect for holidays or special gatherings, this recipe combines simple roasted vegetables with a creamy, flavorful cheddar sauce that everyone will love. While it's best reserved for maintenance or special occasions, it's a delicious way to elevate your table with comfort-food goodness—without going overboard.

Makes 4 servings.



INGREDIENTS

- 1 large head of cauliflower, cut into small florets
- 2-3 Tbsp avocado oil
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. ground black pepper
- 1 Tbsp Kerry Gold butter
- 1/4 cup heavy cream
- 1/4 cup unsweetened almond milk
- 1 cup cheddar cheese, shredded (Tillamook melts nicely)



DIRECTIONS

Preheat oven to 425°F. Line a baking sheet with parchment paper or foil.

In a large bowl, toss the cauliflower, oil, salt and pepper. Place on baking pan and roast for 15-20 minutes, or until tender and lightly browned.

In a small saucepan over low heat, add the butter, heavy cream, almond milk and cheese. Stir frequently until smooth. Do not overheat or boil.