

## Mockafoni & Cheese



### Ingredients:

1. 16 oz. bag frozen cauliflower
2. 4 oz. cream cheese
3. 2 TBL. Heavy cream or low carb milk
4. 4 oz. cheddar cheese, shredded
5. 2 green onions, finely chopped
6. 1 TSP. minced chives, optional
7. ½ TSP. salt, or to taste
8. ½ TSP. pepper, or to taste
9. 2 oz. cheddar cheese, shredded

### Directions:

Cook the cauliflower until tender: drain well. In a 1 ½ quart casserole; soften the cream cheese in the microwave about 30-40 seconds on High. Whisk in the cream until smooth, then stir in 4 oz. cheddar cheese. Microwave on Medium about 2-3 minutes or until the cheese is melted. Stir well until creamy and smooth, microwaving a little longer if necessary. Stir in the green onions, chives, salt and pepper. Add cauliflower and gently fold into the cheese sauce to coat well. Adjust the seasonings if needed. Top with the remaining 2 oz. of cheese and bake at 350' for 35 minutes, until bubbly and brown on top.

**Makes 4 servings**

### Per servings:

<b>Calories</b>	<b>326</b>
<b>Fat</b>	<b>27g</b>
<b>Protein</b>	<b>15g</b>
<b>Carb</b>	<b>8g</b>
<b>Fiber</b>	<b>3g</b>
<b>Net Carb</b>	<b>5g</b>