



## Cauliflower Casserole with Mixed-Seed Crust

Prep 40 min.      Ready In 1 hr. 10 min.

*Recipe By:* Nora Singley

“The cheesy-seedy crust that tops this healthy cauliflower casserole recipe evokes everything bagels. Serve for the holidays or as a hearty side dish with roast chicken.”

### Ingredients

- 1 teaspoon unsalted butter, plus 4 tablespoons, divided
- 4 cloves garlic, thinly sliced
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- ⅓ cup all-purpose flour
- 3 cups whole milk
- 2 large heads cauliflower, cored and cut into 2-inch florets
- ¼ cup finely sliced chives, divided
- ½ teaspoon cayenne pepper (optional)
- 1⅓ cups finely grated Parmigiano-Reggiano cheese (3 ounces)
- ½ teaspoon cayenne pepper (optional)

3 tablespoons toasted sesame seeds  
1 tablespoon poppy seeds  
1½ teaspoons caraway seeds

## Directions

**1**

Preheat oven to 425°F. Coat a 3-quart broiler-safe casserole dish with 1 teaspoon butter.

**2**

Melt the remaining 4 tablespoons butter in a large pot over medium-high heat. When the foaming subsides, reduce heat to medium; add garlic, ½ teaspoon salt and ¼ teaspoon pepper and cook, stirring, until fragrant, 1 to 2 minutes. Add flour, whisk to combine, and cook, stirring constantly, until no flour smell remains, 2 to 3 minutes. Gradually whisk in milk, whisking between additions, until the mixture is smooth. Bring to a lively simmer. Cook, whisking, until thickened, about 2 minutes. Add cauliflower, 3 tablespoons chives and cayenne (if using), folding to combine. Transfer to the prepared pan and smooth the top.

**3**

Bake until the cauliflower is tender and beginning to brown, 35 to 40 minutes. Remove from oven.

**4**

Position a rack in upper third of oven; preheat broiler to high.

**5**

Combine cheese, sesame seeds, poppy seeds, caraway seeds and the remaining ½ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Sprinkle on the casserole. Broil until the cheese is melted and the top is golden, about 2 minutes. Serve topped with the remaining 1 tablespoon chives.

To make ahead: Prepare through Step 3 up to 1 hour ahead; finish with Steps 4-5 just before serving.

# Nutrition information

Serving size: 1 cup

Per serving: 158 calories; 10 g fat(5 g sat); 2 g fiber; 11 g carbohydrates; 7 g protein; 51 mcg folate; 25 mg cholesterol; 4 g sugars; 0 g added sugars; 359 IU vitamin A; 29 mg vitamin C; 196 mg calcium; 1 mg iron; 366 mg sodium; 305 mg potassium

Nutrition Bonus: Vitamin C (48% daily value), Calcium (20% dv)

Carbohydrate Servings:  $\frac{1}{2}$

Exchanges:  $\frac{1}{2}$  vegetable,  $\frac{1}{2}$  high fat protein, 2 fat