



LOP Ham & Cheese Cauliflower

Prep. Time: 15 mins
Cooking Time: 45 mins
Yields: 6 to 8 Servings

Perfect, plump heads of cauliflower are abundant in the fall of each year, and this dish is a simple way of showcasing its flavor.

Ingredients

1 medium cauliflower, leaves and stem removed
6 thin slices of **LOP ham**, chopped
1/4 cup (60 mL) sun-dried tomatoes, chopped
6 oz. (180 g) **St-Albert Old Cheddar**, grated
2 tbsp. (30 mL) fresh chives, chopped



Preparation

Place cauliflower in a saucepan, cover with cold water and add a little salt.
Bring to a boil and cook for 10 minutes.
Preheat oven to 425°F (220°C).
Drain cauliflower and place in an oven-safe baking dish. Insert pieces of **LOP ham** and sun-dried tomatoes between the cauliflower florets.
Cook in the oven for 20 minutes.
Add cheese and cook 10 more minutes.
Sprinkle with chives and serve.

Tips

Cheese alternatives: Canadian Provolone, Medium Cheddar, Gouda.

Nutritional Info per serving

Energy:	133 Calories
Protein:	9 g
Carbohydrate:	5 g
Fat:	9 g
Fibre:	1.9 g
Sodium:	300 mg

This recipe contains 1/2 milk products servings(s) per person.