



ROASTED

CAULIFLOWER CASSEROLE

EQUIPMENT: OVEN
SAUTE PAN
CASSEROLE DISH
SERVING SPATULA
KNIFE & CUTTING BOARD

INGREDIENTS: 1 WHOLE HEAD CAULIFLOWER
1 ONION SLICED
VEGETABLE OIL
4 OZ. HUMBLE HOUSE PESTO
SALT & PEPPER
2 OZ MILK OR STOCK

METHOD: FIRST

CUT THE CAULIFLOWER INTO 1X1 INCH PIECES INCLUDING THE STALK OF THE CAULIFLOWER. SAUTE THE CAULIFLOWER IN THE PAN UNTIL THERE IS COLOR ON THE CAULIFLOWER; ABOUT FIVE MINUTES. SEASON WITH SALT & PEPPER.

SECOND

IN THE CASSEROLE DISH, MIX THE MILK OR STOCK, THE PESTO, AND THE ONIONS. NEXT ADD THE SAUTEED CAULIFLOWER TO THE CASSEROLE DISH AND MIX THOROUGHLY.

THIRD

PLACE THE CASSEROLE DISH IN A PRE-HEATED 350 DEGREE OVEN FOR 30 MINUTES. LET STAND FOR 5-10 MINUTES BEFORE SERVING. ENJOY