

Cauliflower with Gruyere Sauce

From – *eatingwell.com*

8 cups bite-size cauliflower florets (about 1 head)
4 tsp all-purpose flour
1 cup 1% milk, divided
½ cup shredded Gruyere cheese (2 oz)
1 Tbsp snipped fresh chives, or chopped fresh parsley
½ tsp minced garlic (1 small clove)
¼ tsp salt, or to taste
freshly ground pepper to taste

- Place cauliflower florets in a steamer basket over boiling water. Cover and steam until tender, 8 to 10 minutes. (Alternatively, place florets in a microwave-safe bowl with ¼ cup water. Cover and microwave on High for 2 to 4 minutes.)
- Meanwhile, whisk flour with 2 Tbsp milk until smooth.
- Heat the remaining milk in a saucepan over medium heat until steaming.
- Add the flour mixture. Cook, whisking, until the sauce bubbles and thickens, 2 to 3 minutes.
- Remove from heat. Stir in Gruyere, chives (or parsley), garlic, salt and pepper.
- Spoon over the cauliflower and serve.



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