



## Macaroni & Cheese

# Cooper® Low Carb Cauliflower Mac and Cheese – Keto-Friendly



SLICE



Serves: 4

## Ingredients

- 1 head cauliflower, cut into macaroni-sized florets
- 1 cup whole milk
- 3 ounces cream cheese
- 2 tablespoons Dijon mustard
- 1 teaspoon white pepper
- 10 slices Cooper® Sharp White cheese
- Salt and pepper to taste
- Fresh parsley, chopped (optional)

## Directions

1. Preheat oven to 400°F.
2. Fill a large saucepan with water, add a teaspoon of salt, and bring to a boil. Add the cauliflower florets and boil for 5-7 minutes. Drain cauliflower in a colander completely, then transfer drained florets to a stack of paper towels and set aside.
3. Add the milk to saucepan and bring to a slow simmer. Add the cream cheese, Dijon mustard, white pepper, and 6 slices of Cooper® Sharp cheese. Stir until all ingredients are fully combined. Add salt and pepper to taste.
4. Transfer the drained and dry florets to an oven-proof dish. Pour cheese sauce over the florets and then top with the remaining Cooper® cheese slices.
5. Bake in center of the oven for 10 minutes or until the cheese on top begins to brown.
6. Remove from oven, sprinkle with parsley for color (if desired), serve, and enjoy!