

## **Cheesy Cauliflower/Broccoli Casserole**

2 T. butter  
2 T. cups gluten-free blend  
1/2 t. kosher salt  
1/4 t. black pepper (coarse)  
1 t. dry mustard  
3 cloves garlic, minced  
1-1/2 c. milk  
2 c. shredded cheddar cheese (I used a combination of medium cheddar and white cheddar)  
1 head cauliflower or broccoli (chopped fine in a food processor, "riced")

Preheat oven to 400 degrees. Heat the butter in a large saucepan over medium heat until melted. Whisk in the flour with a flat whisk and cook for one minute, stirring constantly. Slowly pour in the milk and cook for about 3-5 minutes, or until mixture bubbles and thickens, whisking frequently. Remove from heat and stir in 3 cups of cheese slowly until melted.

Place the cauliflower and broccoli in a large mixing bowl and pour the cheese sauce over. Stir well, then transfer to a casserole dish. Top with the remaining 1/2 cup cheese, then bake in the oven for about 45 minutes or until top is golden brown and casserole bubbles in center.

Cool for about 20 minutes before serving.