

Ham, Cheese, and Cauliflower au Gratin

by *Julianne* from *JoyInOurJourney.com*

- 1 large head fresh cauliflower (2-3 lbs.)
- 2 cups cooked and diced ham
- 4 oz. softened cream cheese
- 3/4 cup Greek plain nonfat yogurt
- 2 Tbsp. dry grated Parmesan cheese
- 1/4 cup sliced green onions
- pepper to taste
- 1 cup cheddar cheese, shredded



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(Low Carb, delicious "S" main dish for Trim-Healthy Mama)

Preheat oven to 350° F. Cut fresh cauliflower into small florets, discarding the leaves and core. Steam or boil cauliflower until slightly soft, so it can be mashed. *(I prefer to remove steamed cauliflower from the heat before it's fork-tender.)*

In a separate small bowl, combine Parmesan cheese, Greek yogurt, and sliced green onions.

When cauliflower has started to soften, drain it well, place cooked cauliflower back into the pot, and mash it with a potato masher, a hand mixer, or a stick blender. *(A stick blender will give more of a "mashed potato" texture, while a hand mixer or a potato masher will give more of a "riced cauliflower" texture.)*

Stir in the cream cheese mixture and combine well with the mashed cauliflower. Gently mix in the cubed ham. Season to taste with pepper. Spray an 8x8" casserole dish with nonstick coconut oil spray. Spread cauliflower mixture into the dish; spread out evenly and sprinkle with cheddar cheese. Bake for 30-35 minutes or until the cheese has melted and lightly browned, and the mixture is hot throughout and has started to bubble. Remove from oven and allow to sit for 10 minutes for any extra liquid to be absorbed. Serve hot. Serves 4-6.

