

Cheesy Cauliflower Dip



INGREDIENTS

- 3.5 c sprouting cauliflower, diced into 3/4" pieces
- 2 garlic cloves
- 1/2 c whole milk greek yogurt
- 1.5 tbsp evoo
- 1 tsp dijon mustard
- 1/3 c green onion, chopped
- 3/4 c cheese of your choice, grated
- red pepper flakes
- sea salt and black pepper
- Toasted baguette, crackers, apple or pear slices, for serving

INSTRUCTIONS

1. Bring large pot of salted water to a boil. Add the cauliflower and garlic and boil until the cauliflower is fork tender, about 3-4 minutes. Strain everything off, in a blender add 3/4 of the cauliflower and all garlic and blend. Once the mix has cooled completely add the yogurt, evoo, mustard, pinch of red pepper flakes, season to taste with salt and pepper, and blend until creamy. Preheat oven to 450 and brush a 8" cast iron skillet or baking dish with evoo.
2. Spread the cauliflower mixture into the skillet or baking dish and top with half of the green onion, half of the reserved cauliflower, the cheese, the remaining green onion, and the remaining cauliflower. Bake 15-18 minutes, or until the cheese on top is browned and bubbling.
3. Serve with bread, crackers, and fruit slices.