



Cauliflower Avocado Bake

Servings

5

Calories

220

Prep Time

15 minutes

Total Time

1 hour

Skill Level

Easy

Ingredients

- 2 (10 ounce) bags Mann's Cauliflower
- 2 tablespoons vegetable oil, divided
- 1 medium red bell pepper, julienned
- ½ cup chopped green onions
- 1 tablespoon minced garlic
- 3 tablespoons chopped parsley
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 ripe Del Monte® Fresh Hass avocado, diced into ¼" pieces
- 1 cup cheddar cheese, medium grated
- ½ cup bacon, cooked crisp and finely chopped



The Method

Preheat oven to 350°F °.

Bring large pot full of water to boil (large enough for all cauliflower florets). Carefully place Cauliflower into salted boiling water. Leave in boiling water for 5 minutes. Drain and rinse with cold water.

Sauté red bell peppers in 1 tablespoon vegetable oil over moderate heat. When peppers soften, add green onions, garlic and parsley. Continue to sauté another 2 minutes.

Add 1 tablespoon of vegetable oil in a large shallow baking pan. Place Cauliflower florets in pan and season with salt and pepper then top with avocado. Spread sautéed red pepper mixture evenly over the top of the cauliflower and avocado. Top with grated cheese. Bake for 18-20 minutes. Top with bacon and serve.



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Nutrition Facts

Serving Size 229g | Servings: 5

Amount Per Serving

Calories 220 | Total Fat 14g (sat 3g Trans 0g) | Cholesterol 20mg | Sodium 600mg | Total Carbohydrate 12g | Dietary Fiber 5g |
Sugars 4g (Includes 0g Added Sugars) | Protein 12g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 10%