

Cheesy Cauliflower with Cauliflower Panko Topping

1 head cauliflower, broken into florets
1/4 cup Panko bread crumbs
3 tablespoons butter, divided
1/8 teaspoon paprika
2 tablespoons flour
1 cup milk
1 teaspoon yellow mustard
1 cup shredded cheddar cheese
Ground white pepper, to taste

Preheat oven to 375 degrees. "Rice" a couple of the cauliflower florets, using a grater, until you have about 1/4 cup of riced cauliflower. Add it to a small bowl or measuring cup, then add the 1/4 cup Panko bread crumbs. Melt one tablespoon of the butter with the paprika, then mix well into the cauliflower/Panko mixture. Set aside.

Cook the cauliflower to al dente, either by steaming, microwave, or pressure cooker. I'm a fan of the pressure cooker, as it takes hardly any time! When it's done cooking, place it in a casserole dish and cover.

Meanwhile, add the butter to a saucepan over medium heat until melted. Add the flour, and stir until a paste is formed. Quickly pour in the milk, whisking until all the lumps are out and the sauce has thickened. Add the mustard, then stir in the cheddar cheese until it melts and the sauce starts to bubble. Add ground white pepper to taste. Pour the cheese sauce over the cauliflower, then top evenly with the cauliflower/Panko mixture. Bake uncovered for about 20 minutes until the topping has browned lightly. Remove and serve immediately.