

Broccoli Rice Casserole

Patricia Cooper

- | | |
|--|--|
| 1 pkg. frozen chopped broccoli,
cooked (can cook in
microwave) | 1 (8 oz.) jar Cheez Whiz
1 ½ cups cooked rice (1 bag
Success rice) |
| 1 can mushroom soup | 1 small onion |

Sauté onion in butter. Then add remaining ingredients. Place in greased casserole dish and bake at 350° for about 30 minutes.

Roasted Cauliflower with Lemon Mustard

Dressing

Stephanie Collins

(Paleo friendly)

- | | |
|--|---|
| 1 head of cauliflower, cut into
small florets | 1 Tbsp. lemon juice |
| 3 Tbsp. oil, divided | 1 Tbsp. Dijon mustard |
| Salt | ⅓ cup coconut milk or half-
and-half |
| ⅓ cup walnuts, hazelnuts, or
pecans | ½ tsp. freshly ground pepper |

Preheat oven to 450°. In a sheet pan or shallow roasting pan, toss the cauliflower with 2 tablespoons of the oil and a little salt. Roast the cauliflower until tender and lightly browned, stirring once or twice for even roasting, 15 to 20 minutes.

Meanwhile, toast the nuts in a dry skillet for a few minutes over medium-high heat, stirring often to prevent burning. Remove from pan, as the nuts will continue to toast as they cool.

In a large bowl, whisk together the lemon juice, mustard, coconut milk (or half-and-half) and remaining 1 tablespoon of oil. Add the roasted hot cauliflower, scraping oil and browned bits off of pan into the bowl. Add the nuts, pepper, and salt (if desired); toss to coat and serve. *This sauce is also great on green beans or broccoli.*