

# Cheesy Cauliflower Tuna Casserole

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



## INGREDIENTS:

2 LBS FROZEN CAULIFLOWER  
¼ C BUTTER  
¼ C GROUND FLAX  
1 ONION, DICED  
2 LG CARROTS, DICED  
4 C 1% MILK  
1 TSP SALT  
2 TSP HONEY MUSTARD

2 T APPLE CIDER VINEGAR  
2T SUGAR  
24 OZ TUNA  
⅓ C MAYO  
⅓ C PLAIN NONFAT GREEK YOGURT  
4 C (16OZ) SHARP CHEDDAR CHEESE, SHREDDED

## DIRECTIONS:

STEAM THE CAULIFLOWER. PLACE IN GREASED 9x13. IN A LARGE SAUCEPAN, MELT BUTTER. STIR IN THE FLAX AND COOK FOR 1 MINUTE. ADD THE ONION, CARROTS, MILK, SALT, AND HONEY MUSTARD. HEAT UNTIL MILK COMES TO A LOW BOIL FOR SEVERAL MINUTES AND THICKENS STIRRING CONSTANTLY. REMOVE FROM HEAT AND STIR IN 3 C CHEESE. IN A SEPARATE BOWL, MIX THE TUNA, VINEGAR, SUGAR, MAYO AND GREEK YOGURT. SPREAD ON TOP OF THE CAULIFLOWER LAYER. POUR THE CHEESE SAUCE OVER AND MIX GENTLY. TOP WITH REMAINING CHEESE. BAKE AT 350F FOR 35 MINUTES OR UNTIL CHEESE IS BUBBLY AND BROWN. 12 SERVINGS

## FREEZING INSTRUCTIONS:

PREPARE THE DISH AS DIRECTED AND BE SURE TO USE A FREEZER SAFE 9x13 PAN. ALLOW TO COOL COMPLETELY. SEAL WITH PLASTIC WRAP AND LID AND FREEZE. ALLOW TO THAW OVERNIGHT AND BAKE AS INSTRUCTED ABOVE.

*MACROS PER SERVING: 355 CALS 11G NET CARBS 23G FAT 26G PROTEIN*