

Low-Point Bacon-Cheddar Creamy Cauliflower

Ingredients:

- 1 Tbs flour
- 1 cup plus 2 Tbs chicken broth
- 5 slices of center cut bacon (I used Oscar Mayer; 70 cal for 2 slices), chopped
- 1 1/2 Tbs shallots, diced
- 1 clove garlic, minced
- 2 cups grated cauliflower
- 1 cup 2% milk
- 1/2 tsp. sea salt
- 1/4 tsp. pepper
- 1 cup Kraft Sharp Cheddar shredded cheese (made with 2% milk for 1/3 less fat)
- green onion (green parts only), chopped

Whisk together flour and 2 Tbs chicken broth and set aside.

In a large soup pot, cook bacon over medium-high heat until crisp. Transfer bacon to a plate and remove all bacon grease from pot except 1 Tbs. Add onions and garlic and sauté for 1 minute. Add grated cauliflower, remaining 1 cup chicken broth, milk, salt, and pepper. Let come to a boil and then slowly whisk in flour/chicken broth mixture. Turn down heat and let simmer 3 to 4 minutes or until it starts to thicken. Turn off heat and stir in cheddar cheese and 3 pieces of the cooked bacon. Spoon creamy cauliflower in serving bowls and top with remaining bacon, green onions, and a pinch more cheddar cheese if desired. Enjoy!

Total servings - 3 cups

Serving size - 1 cup

Points per serving - 5

Points plus per serving - 5.5

(cut those points in 1/2 for just 1/2 cup serving)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"She turned her can'ts into cans and her dreams into plans."
- Anonymous***