

CAULIFLOWER BAKE

(Serves 6)

Contributed By Master Gardener Sylvia Deitze

1 large cauliflower, cut into flowerettes

1/2 tsp salt

3 cups water

1/4 cup melted butter

1 Tbs sugar

1/2 tsp salt

1/2 tsp pepper

1 cup round buttery crackers (I use one sleeve of Ritz crackers)

1 1/2 cups (6 oz) Cheddar cheese, shredded

1 medium onion, chopped

1/2 cup green bell pepper, chopped

1 (16 oz) can whole tomatoes, undrained and chopped.

Combine first 3 ingredients in a large sauce pan, bring to a boil, cover and reduce heat and cook 5 minutes or until just tender-not mushy. Drain and set aside.

Combine butter and next 4 ingredients in a large bowl, stir in cauliflower, 1 cup of cheese, onion, bell pepper, and tomatoes. Spoon into lightly greased companion or individual baking dishes.

Bake at 350 degrees for about 30 minutes. Sprinkle remaining cheese and bake an additional 5 minutes.

Casserole may be baked in a 13x9 pan for 35 minutes followed by remaining cheese and an additional 5 minutes in the oven.