

Tangy Mustard Cauliflower (Serves 6-8)



- 1 medium head cauliflower
- ½ cup mayonnaise
- ½-1 tsp dried minced onion
- 1 tsp prepared mustard
- Salt and pepper to taste
- ½ cup shredded cheddar cheese

Place cauliflower in microwave safe dish. A shallow quiche pan works well. Add 2 T water. Cover and cook in microwave 7-8 minutes or until tender.

Combine mayonnaise, onion, mustard, salt and pepper. Drain water from cooked cauliflower. Spread mayonnaise mixture over top and down sides of cauliflower. Sprinkle with grated cheese. Return to microwave for about 1 minute or until cheese melts.