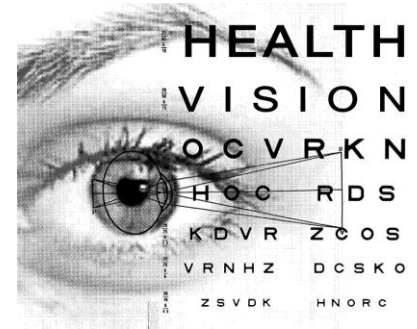


Cauliflower Casserole

1 head of cauliflower
1/4 cup Smart Balance spread
1 cup Greek or plain, low-fat yogurt
8 oz. shredded cheese (your choice) divided
3 tbsp. chia seeds
Salt and pepper to taste



Break cauliflower into florets, wash well and drain. In a saucepan, melt the Smart Balance spread, and cook the cauliflower until soft, stirring often. Mash the softened cauliflower until it is slightly chunky; add the yogurt, ½ of the shredded cheese, salt and pepper, and the chia seeds, and mix well. Pour into a 9 inch glass pie plate, and sprinkle with the remaining cheese. Broil at 450 degrees, until top is slightly browned, about 5 minutes. Serves 3-4.

Center for Health and Vision
Kenneth Lester Malamud, M.D.
Paulette LeCompte Malamud, R.N.

Holistic Eye Care for the Family

1001 Buchanan Dr., Ste. 3
Burnet, TX 78611
512-715-EYES (3937)