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Puffy Cauliflower Bake

Ingredients

- 1/2 cup mayonnaise (preferably homemade!)
- 1/4 cup parmesan cheese
- 2 tbsp parsley
- 1 tbsp freshly squeezed lemon juice
- 1/4 tsp salt
- 2 egg whites
- 1 head of cauliflower, steamed whole (washed and trimmed of leaves)

Instructions

Combine until smooth: mayo, cheese, parsley, lemon juice and salt. Beat egg whites until stiff and gently fold (do NOT over-mix) into the mayo mixture. Place steamed cauliflower into a baking dish, spoon fluffy mixture over top and place under the broiler for a few minutes until golden brown. ***be careful not to burn the top!***

Variation: Steam a variety of vegetables (broccoli, carrots, green beans, mushrooms etc) and toss them together in a larger baking dish. Double the topping mixture, spoon it over top and broil.