

# Veggie and Ham Casserole



## INGREDIENTS:

- 3 cups cauliflower, chopped
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 1 teaspoon garlic, crushed
- 3-4 tablespoons water (retained from cooking cauliflower)
- 7 oz ham, chopped
- 3 cups cauliflower, cooked and chopped
- 1 cup zucchini, cooked and chopped
- 1/2 cup green beans, cooked and chopped
- 1/2 cup peppers, cooked and chopped
- 1 cup broccoli, cooked and chopped
- 2 cups cheese

## INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Make the cauliflower cream sauce by add 3 cups of chopped cauliflower to a pan and add water to just cover the cauliflower. Bring to a boil and simmer until fork tender.
3. Drain the water but keep it for later. Add the cauliflower, olive oil, onion powder, garlic and 1/4 cup of the retained water to blender. Blend on high until nice and creamy. If it's too thick like mashed potatoes, add more of the retained liquid to thin it.
4. Spray a large baking dish with cooking spray.
5. Make sure you are using cooked vegetables. Whether you are using frozen or fresh vegetables, precook in the microwave and drain the water before adding to the casserole.
6. Mix the ham, vegetables and half of the cheese and spread out in the baking dish.
7. Pour the cauliflower cream over the veggies and ham and then top with remaining cheese. You can also just mix the cauliflower cream together with the vegetable mixture and then top with cheese.