

Cauliflower Casserole

1 cup cooked brown rice

some chopped onions (to taste)

some fresh mushrooms

1 garlic clove minced

Butter unsalted

1 package frozen cauliflower or about 1/2 of a fresh large head

1/4 tsp. basil

salt and white pepper to taste

1/2 tsp. lemon juice

1 cup sharp grated cheddar cheese

minced parsley

Saute the onions, mushrooms and garlic in butter until tender but not soft. Add to rice. Thaw cauliflower if using frozen. If using fresh, blanch for about 2 minutes. Drain well. Add to rice. Add basil, salt and white pepper to taste. Add lemon juice. Stir in most of the cheese leaving a little to sprinkle over the top. Bake 350° : uncovered until cheese melts and is lightly browned. Sprinkle with a little finely minced parsley.

Serves 4