

Loaded Cauliflower

Recipe By:BOOKCHICKADEE

"A great way to add some zip to your cauliflower. This recipe is low-carb and resembles a loaded potato! Very unique and down right tasty!"

Ingredients

- 1 head cauliflower
 - 1/2 cup sour cream
 - 1/2 cup shredded Cheddar cheese
 - 1 teaspoon dry ranch salad dressing mix (such as Hidden Valley Ranch(R))
 - 1/8 → ~~1/2~~ teaspoon onion powder
 - 1/8 → ~~1/2~~ teaspoon garlic powder
 - 1 tablespoon butter, cut into small pieces, or more to taste
- ← 1/2 tsp. salt

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until very tender, 15 to 20 minutes. Transfer cauliflower to a bowl, mash, and strain excess water.
3. Mix cauliflower, sour cream, Cheddar cheese, ranch dressing mix, ^{salt,} onion powder, and garlic powder together in a 9-inch baking dish; top with butter.[^]
4. Bake in the preheated oven until bubbling, 30 to 45 minutes.