



Roasted Cauliflower and White Cheddar Soup

Recipe Source: www.melskitchencafe.com

Serves 4-6

Ingredients:

1 head cauliflower
4 whole cloves garlic
2 Tbsp olive oil
½ cup diced yellow onion
½ tsp dried thyme
½ tsp dried rosemary
4 cups low-sodium chicken broth
½ cup low-fat milk
6 oz sharp white cheddar cheese, shredded (about 1 ½ cups)
Salt and pepper to taste
Fresh parsley for garnish

Steps:

- Preheat oven to 400°. Wash and trim the cauliflower into bite-size pieces. Toss with the cloves of garlic and one tablespoon of olive oil. Scrape the mixture onto a rimmed baking sheet and roast for 20-25 minutes until the cauliflower is crisp-tender and golden in spots.
- Remove the garlic cloves, let them cool slightly, and finely chop.
- In a large saucepan, heat the remaining tablespoon of olive oil and add the onion, cooking until the onion is translucent, 4-5 minutes, stirring often. Add the chopped garlic, thyme, and rosemary. Cook for another minute.
- Stir in the cauliflower and broth. Bring to a simmer, cover and cook for 15 minutes.
- Carefully ladle the soup in batches in a blender and puree until smooth. (Or use an immersion blender.) Stir the pureed soup back in the pot. Add the milk and cheese.
- Stir and cook on low heat until the cheese is melted. Add salt and pepper to taste, if needed.
- Ladle the soup into bowls and sprinkle with fresh parsley.

Tips from the Test Kitchen: Delicious served with a green salad and whole wheat rolls or bread.

Nutritional Facts (per serving): Calories: 220, Carbohydrates: 6 grams, Protein: 11 grams, Total Fat: 18 grams, Saturated Fat: 8 grams, Cholesterol: 38 mg, Sodium: 986 mg, Fiber: 1 gram, Total Sugars: 3 grams.