

## Loaded Cauliflower and Broccoli



- 1 Medium head cauliflower, cut into florets
- 1 Medium head broccoli, cut into florets
- ½ cup plain Non-fat Greek yogurt
- ½ cup Non- fat cream cheese softened
- 1/4 teaspoon black pepper, or to taste
- 1 cups shredded cheddar and Monterrey jack mix
- 1 tablespoons chopped fresh parsley or bread crumbs, for garnish

### DIRECTIONS

1. To make the loaded cauliflower broccoli casserole: Preheat your oven to 370°F (190°C).
2. Steam cauliflower and broccoli until tender, about 15 to 20 minutes. Or nuke in the microwave with 1 cup of water for 7 or 8 minutes.
3. Combine the plain non- fat Greek yogurt, non-fat cream cheese, and black pepper in a large bowl. Add the steamed cauliflower and broccoli florets, 1/2 cup of the cheese mix, and half the parsley and mix well to combine.
4. Transfer to a baking dish lightly oiled and top with the remaining cheese.
5. Cover the baking dish with foil and bake for 20 minutes. Remove the aluminum foil and bake another 5-10 minutes or just until cheese is bubbly and beginning to brown. Serve the loaded cauliflower broccoli casserole immediately. Enjoy!