

# CHEESY PULL-APART CAULIFLOWER

Here's a novel way to prepare a healthy festive appetizer to serve during the holiday season!

## INGREDIENTS

- 1 medium head cauliflower (about 2 1/4 pounds), leaves and bottom of core removed
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 cup water
- 1 cup shredded mozzarella cheese
- 1/4 cup pesto

## DIRECTIONS

### STEP 1

Preheat oven to 425°F.

### STEP 2

Place whole cauliflower in a metal pie pan. Drizzle with oil and sprinkle with salt and pepper. Pour water around the cauliflower and cover the pan tightly with foil. Bake until a knife is easily inserted into the center, 40 to 50 minutes. Remove from oven. Preheat broiler to high.

### STEP 3

Meanwhile, combine mozzarella and pesto in a small bowl. When the cauliflower is cool enough to handle, separate areas between the florets and fill with the pesto mixture. Save a little of the mixture and spread it on top of the cauliflower. Return to the oven and broil until melted and golden on top, 4 to 5 minutes.

## NUTRITION FACTS

Serving Size: Serves 6 - 1 cup of cauliflower each  
Per Serving: 144 calories; fat 11g; cholesterol 12mg; sodium 354mg; carbohydrates 7g; dietary fiber 2g; protein 7g; sugars 2g; niacin equivalents 1mg; saturated fat 3g; vitamin A 340IU; potassium 351mg.



**Wisconsin Athletic Club**

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