

Cauliflower Corn Casserole

From My Carolina Home

Full of flavor and melting cheese, this is a great meatless main course, or a hearty side dish. Gluten Free!

1/2 cup light sour cream
1/2 cup ricotta
1/4 teaspoon garlic salt
1/4 teaspoon lemon pepper
1/4 teaspoon onion powder
1/4 teaspoon sriracha sauce
2 cups steamed cauliflower
1 cup sweet yellow corn, best if fresh or canned well drained corn is used
8 oz Colby-Jack shredded cheese – divided



Preheat oven to 350°. Mix first six ingredients in a small cup. Place cauliflower and corn in a bowl, pour sour cream mixture over the top. Mix in a handful of Colby-Jack cheese. Pour into baking dish, top with remaining Colby-Jack cheese. Bake at for 30–40 minutes, until bubbling, and the cheese is melted and just lightly browned. Serve hot and enjoy!!

Notes – using frozen cauliflower and corn will work, just be sure they are defrosted first. Use your microwave to fully defrost, or leave them out at room temperature for a few hours. The casserole will have a bit more liquid in the bottom, but will still taste great.

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