



Simple | Healthy | Delicious

## Cauliflower And Buckwheat Baked With Cheese



### INGREDIENTS

- 1 small cauliflower
- 1 cup Nature's Earthly Choice buckwheat groats
- 1 tsp. Soy Sauce
- 2 cups boiling water
- 1 can fat free Cream of Mushroom soup (healthy Style), condensed
- 1/4 can water
- 2 Tbs. lemon juice
- 1 tsp. vegetarian Worcestershire sauce
- 4 ounces shredded cheddar cheese (fatfree)

### DIRECTIONS:

1. Steam cauliflower after breaking into florets (about 10 min.) Run under cold water to stop cooking. Spray a pan with PAM (or whatever) and saute Buckwheat for a minute or two; slowly add 2 cups boiling water and 1 tsp. Soy Sauce. Cook over low heat, covered, until done (most of the water is absorbed) - about 20 minutes.
2. Mix the mushroom soup, water, lemon juice, Worcestershire sauce and cheese. Add cooked cauliflower and kasha. Bake uncovered at 350F for 30 minutes until hot and bubbly.

### NOTES:

1. I Bake it covered at 375F for 20 minutes, then uncover for about 20 minutes more.
2. Use a 2-qt. casserole
3. I found a fatfree "cream of mushroom soup mix" that I make quite thick and then I omit the water.