

Open-face Cauliflower

Cheddar Melt



Preparation: 10 minutes | Cooking: 15 minutes | Servings: 4

Ingredients:

- 4 slices whole-grain country bread, toasted
- 3 cups chopped cauliflower
- 1 ¼ cups shredded extra-sharp Cheddar cheese
- ½ cup chopped red bell pepper
- ½ cup chopped onion
- 2 tablespoons pesto
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon dried marjoram
- ¼ teaspoon ground pepper
- ¼ teaspoon salt

Instructions:

Heat oil in a large skillet over medium heat. Add onion and cook, stirring, until it begins to soften, about 3 minutes. Add cauliflower, bell pepper, marjoram, salt and pepper, and cook, stirring, until the vegetables are tender, 6 to 8 minutes more. Stir in pesto to coat the vegetables. Remove from heat. Position a rack in the upper third of the oven and preheat the broiler to high. Place toasted bread on a baking sheet and divide the vegetable mixture among the toasts. Top each with about ¼ cup cheese. Broil until the cheese is melted and browned in spots, about 3 minutes.