

This is a great low-carb, gluten-free substitute for an old favorite and it has become a frequent side dish at my house. If you only knew how many people have said to me *"If you had told me there was tofu in it, I would not have even tasted it - but I LOVE IT!"* Many people who don't like tofu OR cauliflower like both in this dish - so do at least give it a try, as written.



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MOCKARONI AND CHEESE

- 16 ounces firm tofu
- 1 head of cauliflower, about 3 cups
- 4 cups of grated extra sharp cheddar cheese
- 4 eggs
- 1/2 cup heavy whipping cream
- 1 teaspoon salt
- 1 tablespoon freshly ground pepper
- 1 teaspoon garlic powder
- 1 tablespoon parsley
- 1/2 cup crushed pork rinds (You could substitute bacon bits, turkey bacon bits, or just omit these, but they do add a lot to the recipe.)
- 1/4 cup Parmesan cheese



Grease one large or two small casserole dishes, and preheat oven to 350 degrees F (180 C).

Press and drain any excess water from the tofu in a paper-towel lined colander. Chop drained tofu and scatter in the casserole dish. Top with cooked bite size pieces of cauliflower, and grated cheese.

Beat eggs and cream with seasonings and pour over contents of casserole dish. Sprinkle parmesan cheese and crushed pork rind crumbs over the top.

Bake 45-60 minutes, until top is well browned. If necessary or desired, place under broiler briefly to crisp top.

12 servings, each: 358 calories, 28 grams fat (15 grams saturated), 5 grams carb (1 gram fiber), 22 grams protein