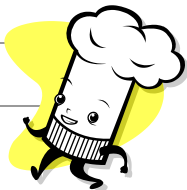

Dijon Cauliflower

4/12/11 Weight Watchers meeting (recipe #2 of 2)



Ingredients:

- 1 Whole cauliflower, cut out core, but not all the way, so it stays together
- Few Tablespoons country style Dijon mustard
- Few Tablespoons plain bread crumbs

Directions:

Rinse cauliflower and shake off water.

Place cauliflower in a microwavable bowl.

Rub mustard with hands into crevices. Sprinkle with bread crumbs.

Cook in microwave on High for 15-20 minutes.

Whole cauliflower is 2 PointsPlus value (for the bread crumbs).