



## THE FRONT BURNER

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### **Cauliflower and Brown Rice Casserole**

*Makes 6 Servings*

Cauliflower is one vegetable that's available pretty much year-round. This casserole takes it beyond raw or simply steamed. Brown rice and toasted walnuts complement its flavor and texture.

1 small head cauliflower, trimmed and cut into florets  
1/2 cup cooked brown rice  
3 large eggs, beaten  
1 cup milk  
1/2 teaspoon salt  
Dash of allspice  
Chopped fresh parsley for garnish  
Chopped toasted walnuts for garnish (optional)

1. Preheat the oven to 350°F. Coat a 2-quart casserole with cooking spray.
2. Cook the cauliflower florets in boiling salted water to cover until crisp-tender, 5 to 10 minutes, and drain.
3. Arrange the florets in the casserole. In a medium bowl, combine the rice with the eggs, milk, salt, and allspice and pour over the cauliflower.
4. Bake for 30 to 35 minutes, or until the custard has set. Garnish with the parsley and the toasted walnuts, if desired.