**Broccoli and Cauliflower Au Gratin**

**Cheese Sauce:**

1 Tbsp. butter

1 Tbsp. flour

1 cup milk

½ cup mozzarella cheese

½ cup cheddar cheese

Salt and pepper to taste

**Ingredients:**

1 head broccoli

1 head cauliflower

2 Tbsp. butter

1 clove garlic, minced

Salt and pepper to taste

**INSTRUCTIONS**

**Day 1:**

1. Mise en place all ingredients.

**Day 2:**

1. Bring a pot of water to a boil that is big enough to hold all of the broccoli or cauliflower at once.
2. Cut the cauliflower into quarters. Remove the core and cut the head into bite sized pieces.
3. Remove the florets from the stems of the broccoli. Cut them into bite sized pieces.
4. Once the water has boiled, add all of the cauliflower and cook for 2-3 minutes.
5. Working quickly, scoop the pieces out with a slotted spoon and run cold water over them so they begin to cool. Try not to break them up too much. Do not drain the water.
6. Return the water to a boil and repeat steps 4-5 with the broccoli.

**Day 3:**

1. Melt the butter in a medium saucepan over medium heat.
2. Stir in the flour. Once a paste forms, add the milk and whisk together well.
3. Bring the milk up to a simmer, it should start to thicken.
4. Once the milk is simmering, whisk in the cheeses until they are all melted.
5. Season with salt and pepper.
6. In a separate pan, sauté the garlic in the butter until it becomes fragrant; about 1 minute.
7. Add the broccoli and cauliflower and heat through.
8. Serve with the cheese sauce over the cooked vegetables.
9. Enjoy.