

Sausage And Cauliflower Casserole

This recipe is brought to us by George Brown Culinary School students, Fraser Fitzgerald and April Kim. Their sausage and cauliflower casserole is a simple and quick weekday dinner that offers the warm, satisfying bite only a casserole can accomplish.

Preparation Time: 10 minutes Cooking Time: 40 to 45 minutes Makes 4 servings

1 head Cauliflower, cut into florets
2 each medium onions, diced
3 garlic cloves, roughly chopped
8 ounces cherry tomatoes, halved
1/2 fennel bulb, sliced
1/4 cup extra-virgin olive oil
1/4 teaspoon black pepper
1/2 pound sausage, sliced into bite size pieces
7 ounces mozzarella cheese, cut into 1 inch cubes
1/2 teaspoon dried basil

First, preheat oven to 400 degrees F.

Next, combine cauliflower, onions, garlic, tomatoes and fennel in a bowl and toss with olive oil to evenly coat. Then sprinkle with pepper.

Place vegetables in the roasting pan and top with the cubed cheese and sausage.

Bake for 40 minutes or until the sausages are thoroughly cooked and the vegetables have turned a nice color.

Finally, top with basil and serve warm. A serving of fruit with a dollop of Greek yogurt will round this out for a complete meal.

Phase 1 Nutrients: Calories: 515 Carbohydrate: 20 g (15%) Protein: 26 g (20%) Fat: 38 g (65%)

Phase 2 Variation: Add 1 medium diced zucchini and 1 diced sweet potato with the other vegetables. Cook until the sausages are thoroughly cooked and the sweet potatoes are tender. Tip: The dish can be prepped ahead of time and stored in the fridge. Calories: 552 Carbohydrate: 28 g (20%) Protein: 27 g (19%) Fat: 38 g (61%)

Creating A Meal: Since this is a fairly high fat recipe, you will need to serve it with a lower fat dessert or side dish, such as sweet potatoes, white beans, brown rice, or fruit. For example, in Phase 1, serve with 1/2 cup boiled white beans per person (2 cups total). You can toss these in with the casserole or serve on the side. Calories: 643 Carbohydrate: 43 g (26%) Protein: 34 g (21%) Fat: 39 g (53%)

For Phase 2, you will need to reduce the portion size to allow room for more complex carbohydrate. We've created an example meal here. Have the recipe serve 6 people instead of 4, add a second sweet potato, and serve with 1/2 cup brown rice per person (3 cups total). For dessert, 1/4 cup blueberries with 1/2 cup whole-milk Greek yogurt per person.

Calories: 655
Carbohydrate: 59 g (36%)
Protein: 33 g (20%)
Fat: 33 g (45%)