

Cauliflower & Sausage Casserole

From – www.thekitchn.com

1 medium head cauliflower
1 tsp salt
1 Tbsp olive oil
½ pound uncooked herbed chicken sausage OR spicy Italian sausage, removed from casings
1 medium onion-diced
4 cloves of garlic-minced
½ tsp thyme
28-ounce can whole peeled tomatoes, drained and liquid reserved
2/3 cup bread crumbs
1/4 cup grated Parmesan cheese
salt & pepper to taste

- Heat the oven to 350°F and lightly grease a 9x13-inch baking dish with olive oil.
- Cut the cauliflower head into florets.
- Bring 3 quarts of water to a boil. Stir in the salt. Add the cauliflower florets and boil for 2 minutes. Drain into a colander set in the sink. Run cold water over the florets to stop the cooking process and shake the colander to drain any excess water. Return the cauliflower to the cooking pot and set aside.
- Place a sauté pan over medium-high heat. Add the olive oil and then, when the pan is quite hot, add the sausage. Use a spoon to break up the meat. Cook for 8 to 12 minutes, or until the sausage is cooked through and beginning to get crispy. Drain all but 1 to 2 Tbsp of fat.
- Turn the heat to medium-low and add the onion, garlic, and thyme to the pan with the sausage. Sauté for 5 to 6 minutes, stirring frequently. Crush the tomatoes, and add them to the sausage. Stir thoroughly, then add the reserved tomato sauce and cook for about 5 more minutes. Turn off the heat and taste the sauce. Add salt and pepper to taste.
- Toss the sauce with the cauliflower in the cooking pot. Spread the cauliflower and sausage mix in the prepared baking dish and distribute evenly. Mix the bread crumbs and Parmesan and sprinkle them evenly over the cauliflower. Drizzle lightly with olive oil.
- Bake for 25 minutes or until breadcrumbs have browned and the sauce is bubbling. Let stand for 5 minutes before serving.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com