

Eat Happy Kitchen
Anna Vocino

ITALIAN SAUSAGE CAULIFLOWER BAKE

(Serves 6-8)

INGREDIENTS:

- 1 cauliflower head, cored and chopped into florets
- 4 egg yolks
- 1/4 cup almond flour
- 1/2 cup freshly grated parmesan
- 1/2 teaspoon salt plus more for seasoning
- 1 tablespoon olive oil
- 1 pound uncooked ground Italian sausage
- 1 medium onion, diced
- 1 cup diced carrots
- 1 red pepper, diced
- 1 1/2 cups Cremini diced mushrooms (or you can use baby Bella or white button mushrooms)
- 2 jalapeños, diced, divided
- 2 cups of marinara (I use [Eat Happy Kitchen](#), duh)
- Pepper for seasoning
- 2 cups grated mozzarella

INSTRUCTIONS:

Boil cauliflower florets in salted water for 10-12 minutes or until fork tender. Drain in colander, pat dry well with a dish cloth. In a Vitamix, blender, or food processor, add the cooked cauliflower, egg yolks, almond flour, and parmesan and blend until smooth, about 15-30 seconds, scraping down the

sides of the blender, if necessary. Spread olive oil on the bottom of a 9x12 baking dish. Evenly spread the mashed cauliflower mix on the bottom of the greased baking dish, set aside.

Preheat oven to 350 degrees.

Heat a large, flat-bottomed sauté pan to medium high heat and cook the sausage until it is browned. Using a slotted spoon, remove the sausage from the pan onto a plate, reserving the sausage grease in the sauté pan. Add the onion, carrots, red pepper, and mushrooms to the pan and cook, stirring often, for 10-12 minutes, or until the veggies are soft and cooked through. Season with salt and pepper. Add the majority of your diced jalapeño, reserving some for garnish. Stir in the marinara, cook another 2-3 minutes. Remove from heat.

Evenly spread the cooked sausage over the cauliflower mash in the baking pan. Then evenly layer the vegetable mixture. Add the mozzarella as the top layer.

Bake uncovered at 350 for 30 minutes. Remove from oven, let stand 5 minutes, then serve, garnished with remaining chopped jalapeño.

**Recipe and photo originally published in [Eat Happy](#), then at [annavocino.substack.com](#).*