



CAJUN SAUSAGE AND CAULIFLOWER RICE

By Dr. Cindy Tanzar

(Standard, Vegetarian/Vegan Options and Maintenance Plans)

If you like a little spice to your dishes, this is your recipe! Add the amount of Cajun seasoning you prefer to adjust to your tastes. Leftover flavors are even better and make quick lunches for a couple of meals during the week.

This recipe makes 3 servings, so just divide the portions equally. One serving covers your protein and vegetable for one meal.



INGREDIENTS

- 2 Tbsp avocado oil
- 1/2 large yellow onion, diced
- 1 small green pepper, diced
- 2 ribs celery, chopped
- 1 pkg AlFresco Sweet Italian Chicken Sausage or Andouille
Chicken Sausage, cut into coins (see below for vegetarian
or vegan option)
- 5 cloves garlic, minced
- 1-2 tsps. Cajun seasoning (depends on taste, can be hot!)



16 oz. pkg riced cauliflower

Pink Himalayan salt and black pepper, to taste

VEGETARIAN/VEGAN OPTION

Either omit sausage altogether and just use as a vegetable dish or substitute pan-fried, crumbled LightLife or Rhapsody tempeh until browned.

INSTRUCTIONS

Heat the avocado oil over medium heat in a large skillet. Sauté the onions, green Peppers and celery until onion is translucent. Add the garlic and sausage or tempeh and sauté until sausage is heated through, about 3-5 minutes.

Add the cauliflower rice and Cajun seasoning. Continue to sauté until the cauliflower rice is tender and liquid has evaporated. Add salt and pepper to taste.