



ROASTED CHICKEN SAUSAGE AND CAULIFLOWER

By Dr. Cindy Tanzar
(Standard/Maintenance)

Dinner doesn't get any easier or more flavorful than roasting it on a sheet pan. Just place your proteins and vegetables all on one pan and roast it together, allowing the juices and flavors to combine. You can easily change your vegetables and proteins to offer a lot of variety, as well. Add different herbs or spices to provide extra flavor, thereby, creating a different dish each time. Makes 3 servings. For this recipe, measure 3 oz. of cooked protein and 1 cup of cooked vegetables, as well as your serving of fat for one meal.



INGREDIENTS

- 1 large head of cauliflower, cut into medium flowerets
- 1 red onion, peeled and sliced into 8-10 wedges (depending on size)
- Whole peeled garlic cloves (as much or as little as you like)
- 12 oz. package Al Fresca Italian Chicken Sausage, whole links or sliced into 1-1/2 inch chunks (can use other brands-no sugars or preservatives)
- 3-4 Tbsp avocado oil



Pink Himalayan salt & freshly-ground pepper, to taste

Seasoning options: thyme, rosemary, Italian seasoning, Cajun, oregano, basil or any other blended seasoning mix you enjoy

INSTRUCTIONS

Preheat oven to 425°F. Toss cauliflower, onion and garlic with 3 Tbsp of avocado oil, salt, pepper and any seasonings.

Add sausage and toss to coat, adding more oil, if needed. Arrange vegetables and sausage into an even layer on a greased, large-rimmed baking sheet pan.

Roast for 15 minutes. Turn sausages and roast for another 10-15 minutes. You may need to remove the sausage (if sliced) and continue to roast the vegetables for another 5-10 minutes until tender.