

Cauliflower Baked “Ziti”

Ingredients:

- 2 cups Cauliflower, cut into florets and roasted @ 425 degrees 20 minutes
- 1 teaspoon onion powder or 1 TBSP onion flakes
- 2 cloves garlic, minced
- 1 lb. lean ground turkey
- ¼ tsp black pepper
- 1 TBSP tomato paste
- 1 packet Diet Right Cheese Sauce, prepared with water and microwaved for 1 minute
- 1 tsp dried oregano
- 1 14oz can crushed tomatoes (equals 2 cups tomatoes with tomato paste)
- Basil, dried or fresh, to taste



Directions:

1. Preheat oven to 425° F.
2. Cut the cauliflower into florets and roast for 20 minutes.
3. Turn oven down to 375° F.
4. In a large skillet, add ground turkey, onion, garlic, salt and pepper to taste. Cook until done. Drain excess fat.
5. Return skillet over medium heat and add tomato paste, crushed tomatoes, and oregano. Cook to a simmer, stirring occasionally. Remove from heat and stir in basil.
6. In a baking dish, place the roasted cauliflower and meat sauce mixture.
7. Top with prepared cheese sauce.
8. Bake for about 28 minutes, garnish with basil before serving, and enjoy!

Servings: makes 2 servings.

Each serving = 1 cups select vegetables, 1 cup occasional vegetables, 8 oz. lean protein, ½ Diet Right Product