

LOADED CAULIFLOWER STEAKS

*Bon
Appetit!*

Ingredients:

- 2, 1" Cauliflower steaks (see pictures)
- 1/2 cup prepared tomato/pasta sauce, warmed
- 3oz Mozzarella (I used Miyoko Cashew Milk Mozzarella), sliced
- 3oz sausage (I used Whole Foods Italian Chicken Sausages), sliced
- Sautéed vegetables (I used onion and green pepper)
- Parmesan
- 1 tablespoon avocado oil

Preparation:

1. Add avocado oil to large pan over medium-high heat
2. Carefully add cauliflower steaks and cook to golden before flipping over.
3. Remove from pan once both sides are golden and a fork is able to pierce through
4. Top with tomato sauce, mozzarella, sausages and veggies

