Cauliflower Baked Ziti

Serves 6

1 head of cauliflower, cut into florets

2 tablespoons olive oil

1 cup onion, diced

4 cloves garlic, minced

1 pound ground turkey or ground beef

1 teaspoon salt

½ teaspoon freshly ground pepper

½ teaspoon onion powder

½ teaspoon garlic powder

1 28 ounce can diced tomatoes

1 28 ounce can crushed tomatoes

2 teaspoon Italian seasoning

1 bay leaf

1 ½ pounds shredded mozzarella, divided

2 cups whole milk ricotta

½ cup parmesan cheese

2 large eggs

1 tablespoon fresh parsley

Preheat oven to 375 degrees.

Steam the cauliflower for 5 minutes, do not overcook.

In a stockpot add the oil to the pan over medium heat and heat for 2 minutes.

Add the onion and cook for 3 minutes stirring occasionally.

Add the garlic and cook for 2 minutes being careful not to brown.

Add the ground meat and break it up with the spoon to make into a crumble while cooking.

Season the ground meat with the salt, pepper, onion powder and garlic powder.

Once the meat is cooked through, add the tomatoes.

Bring the mixture to a simmer, stir in the Italian seasoning and bay leaf.

Let sauce simmer for at least 10 minutes, taste for additional salt or pepper.

Set aside one cup of mozzarella for the top of the casserole.

In a large bowl, combine the mozzarella, parmesan, ricotta and eggs.

Stir in the cauliflower to the cheese mixture.

Spray a lasagna pan or large casserole with nonstick spray.

Ladle sauce into the bottom of the casserole to cover.

Top with half of the cauliflower mixture.

Ladle half the remaining sauce over the cauliflower.

Sprinkle the remaining cauliflower on top of the sauce.

Finish by pouring remaining sauce over the top and sprinkle with the one cup of reserved mozzarella.

Place casserole onto a baking sheet and place in the oven on the center rack and bake for 25 minutes till brown and bubbly.

Once the casserole has set for 10 minutes, if there is any light color liquid pour it off. Cauliflower tends to give off water as it is cooking. You don’t want to water down the flavors by leaving it in the baking dish.