

Sausage & Pesto Cauli Rice

9 ingredients · 25 minutes · 4 servings



Directions

1. Prep: Preheat oven to 400 degrees, chop sun-dried tomatoes, Mince Garlic, Slice zucchini/squash into 1/4 inch moons
2. Add cooking oil to large pan and sear sausages then transfer to a baking sheet and roast 6-8 minutes.
3. Heat about 1 tablespoon butter in pan used for sausages over medium-high heat. Add cauliflower "rice," garlic, and squash to hot pan. Season with Italian seasoning, about 1/4 teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
4. Add sun-dried tomatoes to pan with veggies. Cook 3-4 minutes, or until tender, stirring occasionally.
5. Remove pan from heat. Add Parmesan cheese, cream cheese, stir to combine.
6. Cut sausages at an angle into slices. Divide creamy cauliflower "rice" and veggies between plates. Top with roasted sausages. Drizzle with pesto.

Ingredients

- 1 oz Sun Dried Tomatoes (in oil)
- 2 Garlic (minced)
- 2 Zucchini (or yellow squash)
- 1 lb Italian Sausage Links (Italian)
- 2 cups Cauliflower Rice
- 1/2 tsp Italian Seasoning
- 2 ozs Parmigiano Reggiano
- 2 ozs Cream Cheese, Regular
- 4 ozs Pesto