



www.soprepared.org

Cheesy Cauliflower Sticks

(adapted from www.bakingglory.com)

- 4 cups of riced cauliflower (about 1 large head of cauliflower)
- 2 large eggs
- 2 cups of mozzarella cheese (kraft is lactose free - check label)
- 3 tsp oregano
- 4 cloves garlic, minced
- salt and pepper to taste
- 2 cups mozzarella or italian cheese blend (for topping)

Preheat oven to 425° F. Prepare a large baking sheet with parchment paper. Make sure your cauliflower is roughly chopped in florets. Add the florets to your food processor and pulse until cauliflower resembles rice. Place the cauliflower in a large microwavable container and cover with lid. Microwave for 10 minutes. Add the eggs, 2 cups of mozzarella, oregano, garlic and salt & pepper. Mix everything together. Shape into a rectangular shape on the prepared sheet pan.

Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid the crust is not soggy at all. Once golden, sprinkle with remaining 2 cups mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted. Serve hot!

*** If making the meatloaf, and you have just one oven: make the meatloaf while the cauliflower sticks bake. Then remove the sticks and leave at room temp until the meatloaf is finished baking. Then crank the heat back up to 425, and top the sticks with the remaining cheese and bake until melted and golden.*

Pizza Meatloaf

- 6 ounces pepperoni chopped
- 2 lbs lean ground beef
- 1 egg
- 1/2 teaspoon thyme
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper
- 4 ounces shredded mozzarella (Kraft is lactose free)
- 1 cup Tomato Sauce (use low carb such as Rao's tomato basil which has only 2 net carbs/cup)

Preheat the oven to 350°F. Lightly coat a 9x13 baking dish with nonstick spray and set aside. In a large bowl using your hands combine all ingredients except cheese & sauce. Divide the mixture in half and place half of it in the prepared pan, forming into a loaf shape, creating a shallow well. Place the cheese in the well of the ground beef mixture. Top the cheese with the remaining meat mixture, making sure to seal the cheese inside, so it doesn't leak out. Spread half of the Tomato Sauce on top of the meatloaf and bake for 60 minutes. Remove the meatloaf from the oven, spread the remaining sauce on top and bake for an additional 15 minutes.

Wine Pairing Recommendation

A big juicy red wine will pair perfectly with this "pizza" night meal! Go with a meritage blend like Trentadue's, or a balanced Shiraz that has good body but some nice acidity as well such as Paringa.