**Baked Egg and Cauliflower Casserole**

**Produce**

1 sweet onion

16 oz. cauliflower

1 red bell pepper

two 6 inch zucchinis

4 medium red potatoes

fresh lemon thyme leaves *(use dry thyme if none available)*

2 Mandarin oranges

**Canned/Dried Foods**

dry thyme leaves*(if needed)   
or*dried lemon/thyme leaves *(if needed)*

1 bottle Santa Cruz pure lemon juice *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

eggs*(if needed)*

nonfat milk*(if needed)*

4 oz. smoked gouda cheese

1 package Field Roast Apple Sausage