

Baked Egg and Cauliflower Casserole

Fresh thyme is preferable for this recipe, but it might be hard to find. Note that when substituting dry thyme, I only use half as much. It adds just enough old world flavor to this Egg/Cauliflower Casserole. The lemon juice creates the real magic.

Prep and Assembly time: 30 minutes Bake time: 1 hour - Serves: 4

Organize Your Ingredients!

Notes on Organizing

Be sure to prep and organize ingredients on small plates or in bowls so they are easy to add.

Baked Egg/Cauliflower Casserole

1 package Field Roast Apple Sausage or equivalent
2 tsp. olive oil
3-1/2 C. cauliflower (washed and chopped)
two 4-6" zucchinis (sliced into quarters lengthwise.)

1 tsp. olive oil
3 medium red potatoes (sliced into 1/4" slices)

2/3 C. sweet onion (chopped)
2/3 C. or 1/2 red bell pepper (chopped)

3 eggs
and
4 egg whites
1/2 C. nonfat milk

1/2 tsp. fresh thyme leaves
or
1/4 tsp. dry thyme leaves
plus
2 T. fresh lemon juice
1/2 tsp. salt
1/2 tsp. fresh ground pepper
1/4 C. grated smoked gouda cheese

Garnishes for Plate

3 Roma tomatoes (sliced)
1 medium cucumber (sliced)
1 tsp. olive oil
1 tsp. balsamic vinegar
1 tsp. low-sodium vegetable broth

4 Satsuma oranges (peeled and sectioned)
1/4 of a lemon per serving



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Be sure to let the casserole rest about 15 minutes after it finishes cooking. The resting time ensures that the eggs set up and the dish is easy to cut and serve.

Baked Egg/Cauliflower Casserole

1. Remove plastic casings and halve sausages lengthwise. Brown thoroughly. Allow to cool. Select two sausage halves and chop into 1/2" pieces. Set aside. (Store remaining cooked sausage in the fridge.)
2. Place chopped cauliflower in a large sauté pan with olive oil and toss over medium-high heat until browned on most surfaces. Remove from pan.
3. Lay zucchini lengths of quartered zucchini into same sauté pan. Cook over medium-high heat until they begin to brown. Remove from pan. Let cool slightly and chop into 1/2" pieces. Set aside.

Assemble and Bake Casserole

1. Line bottom and sides of an oiled 9X9 baking dish with sliced potatoes. You're creating a crust of potatoes for the casserole
2. Spread cauliflower over potatoes in the bottom of the dish. Next, layer in chopped onion and red bell peppers.
3. Make a layer of zucchini pieces over onions and peppers.
4. Create a final layer with sausage pieces.
5. Whisk eggs in bowl with milk. Add thyme leaves (or fresh thyme and lemon juice). Add salt and pepper and whisk again. Pour egg mixture over vegetable and sausage layers.
6. Top with grated, smoked Gouda. Cover with foil and place in 375° oven for 1 hour. Let cool 15 minutes before serving.

Garnish Plate and Serve

When dish has been removed from oven, prepare plates with garnishes. Divide cucumber and tomatoes and arrange between plates. Drizzle with a little oil/vinegar/broth mixture.

Place sliced satsuma sections next to tomatoes and cucumber. Place 1/4 of the egg casserole on each plate along with a wedge of lemon to drizzle over the helping.

Here's an old fashioned meal with wonderful flavor combinations.

What I've Learned from this Recipe

It's a good idea to put a cookie sheet on the shelf underneath the casserole to catch any drips. The eggs will expand in the baking dish as they cook.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com