

Tex-Mex Egg & Cheese Cauliflower Casserole

Ingredients:

- 4 cups riced cauliflower, fresh or frozen
- 1 TBSP taco seasoning
- 5.3oz (1 cup) zucchini, quartered lengthwise and sliced into strips
- 4 whole eggs
- 1/2 cup enchilada sauce or hot sauce.
- 2 servings Diet Right cheese sauce
- Kosher salt /pepper to taste
- ¼ cup fresh chopped cilantro to garnish, if desired.

Directions:

1. Preheat oven 400 degrees. Use cooking spray to grease a 12 x 8 casserole pan.
2. Toss rice with taco seasoning then spoon into an even layer on the bottom of casserole dish.
3. Next press (with paper towel) any extra water from the zucchini strips on top.
4. Whisk your eggs and hot sauce or enchilada sauce together.
5. Pour on top of the zucchini.
6. Pour over casserole.
7. Top with cheese sauce
8. Bake at 400 for 25-30 minutes or until top is golden brown. Check progress at 20 mins. If the edges are starting to brown quicker than the middle is cooking, then cover with foil and continue cooking until evenly cooked. Broil last minute for extra crispy cheese!
9. Seasoning with salt/pepper, hot sauce, and/or cilantro before serving.

2 servings

Each serving uses:

2oz protein

2.5 cups select veggies

1 low carb Diet Right Product