

## Cauliflower Breakfast Casserole

1 lb. turkey sausage  
1 small yellow onion, diced  
16 oz. riced cauliflower  
½ tsp. Italian seasoning  
¼ tsp. Kosher salt  
1/8 tsp. freshly ground black pepper  
12 large eggs  
½ cup milk  
8 oz. cheddar, shredded  
8 oz. mozzarella, shredded  
Green onions, chopped (for garnish)

Preheat oven to 350.

In a large skillet over medium high heat, brown chicken sausage. Add in the onion and cauliflower; sauté until softened (about 8 minutes). Season with Italian seasoning, salt, and pepper. Remove from heat, stirring and scraping the bottom of the pan to loosen any browned bits.

Meanwhile, whisk together eggs and milk. Set aside.

Pour the cauliflower mixture into a 13x9" dish coated with cooking spray. Sprinkle half of the cheeses on top and stir to combine. Pour the milk and egg mixture over top, stirring gently to combine. Sprinkle on the rest of the cheeses.

Bake at 350 for 50 minutes or until set. Let cool 10 minutes before serving. Garnish with green onions.

<https://pineapplehouserules.com/>

