

Cheddar Broccoli Bake

Ingredients

1 lb. sausage (pork or chicken - I used spicy pork)
32 oz. frozen broccoli (can sub 1 head of cauliflower)
salt, pepper, garlic, and red pepper flakes
8 oz. mushrooms, sliced
8 oz. shredded cheddar cheese (sub pepper jack cheese if you use cauliflower)
6-8 oz. cream cheese, softened and cut into small chunks (start with 6 oz. and add more based on your preference)
2 cloves garlic, minced (1/2-1 tbsp. minced)
salt and pepper to taste
1 tsp. onion powder
1/2 tsp. smoked paprika

Directions

1. Preheat oven to 425 F.
2. Place broccoli on baking sheet (you may need two baking sheets, depending on their size).
3. Drizzle with avocado (or olive) oil then sprinkle evenly with salt, pepper, garlic, and red pepper flakes (if you like spice).
4. Roast for about 20-25 minutes or until soft (can roast longer if you want it slightly charred).
5. Meanwhile, brown sausage.
6. Add mushrooms and cook until soft.
7. Add salt, pepper, garlic, onion powder, and smoked paprika and cook 1-2 minutes.
8. Add cream cheese and mix to combine.
9. Add 1/3 of the cheddar cheese and mix to combine. Keep warm if broccoli isn't done yet. I just turn off the burner and cover it.
10. Add roasted broccoli to sausage mixture and mix to combine.

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practitioner about a nutrition plan that's best for you.

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Directions

11. Transfer to baking dish.
12. Top with remainder of cheddar cheese.
13. Bake for 10 minutes.
14. Broil on high until cheese is slightly brown and bubbly, about 1-2 minutes.
15. Enjoy!

My notes

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