



Dash
of
Wellness

Cauliflower Biscuits & Gravy

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1 large cauliflower head, washed
3 cloves garlic, minced
2 whole eggs
2 egg whites
1 Tbsp. cornstarch
1/3 cup fat-free plain Greek yogurt
1/3 cup shredded low fat Colby & Monterey jack cheese

3 Tbsp. green onions
1/2 tsp. ground pepper

Gravy

1-pound gluten free turkey sausage
1/4 cup gluten free flour or (2 Tbsp. cornstarch+1/2 cup water)
3 cups fat-free milk
2 Tbsp. unsalted butter

Directions

1. Preheat oven to 400°F. Wash hands with soap and water. Line a muffin tin with liners or spray with non-stick spray.
2. Chop cauliflower head into florets and using a food processor, slowly add cauliflower and pulse until finely chopped. Add garlic last.
3. In a large skillet, over medium-high heat, cook cauliflower and garlic mixture for 5-6 minutes until cauliflower is lightly golden. Stir constantly to prevent burning. Set aside.
4. In a large bowl. Combine eggs and cornstarch with a whisk. Add yogurt, cheese, green onions, pepper, and cooked cauliflower. Mix well.
5. Transfer mixture to lined muffin tins. Bake for 25-30 minutes, until golden brown.
6. Over medium heat, cook turkey sausage, do not wash turkey before cooking. Ensure turkey reaches 165°F using a food thermometer.
7. Add butter. Once melted, add flour, stirring constantly. Add milk and continue stirring for 5-10 minutes until gravy thickens. Serve gravy over biscuits. **Yield:** 12 biscuit & 3 cups gravy

Nutrition Facts (per two biscuits serving and 4 Tbsp. gravy): 170 calories, 6 grams fat, 320 milligrams sodium, 16 grams carbohydrate, 3 grams fiber, 14 grams protein

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