

## Cauliflower Grilled Cheese and Turkey Sandwiches

Makes 4 servings

6 cups frozen cauliflower rice  
3 eggs  
2 tablespoons grated Parmesan cheese  
2 teaspoons minced garlic  
¼ teaspoon each salt, basil and oregano  
⅛ teaspoon black pepper  
4 (1 ounce) slices Cheddar cheese  
Shredded cooked turkey  
1 medium tomato, sliced (optional)

1. Preheat oven to 425°F. Spread cauliflower on large (11X17-inch) baking sheet lined with parchment paper. Bake 30 minutes or until golden brown. Remove from oven.
2. Reduce oven temperature to 400°F. Lay paper towels over cauliflower; press down to absorb excess water from cauliflower; discard towels. Remove cauliflower to large bowl. Combine eggs, Parmesan cheese, garlic, salt, basil, oregano and pepper; whisk to blend. Add egg mixture to cauliflower; stir to blend.
3. Scoop cauliflower mixture back onto baking sheet lined with parchment paper, using ½ cup measuring cup. Shape into round bread slices, about ¼-inch thick. (Make a total of 8 cauliflower “bread” slices.)
4. Bake 10 minutes. Flip “bread” over. Bake 10 minutes. Remove from oven.
5. Top one cauliflower round with a slice of Cheddar cheese and turkey; top with another cauliflower round. (Totaling 4 grilled cheese sandwiches.) Bake 5 minutes or until cheese is melted. Serve with sliced tomatoes, if desired.

*Courtesy: Joella Morris*