



## CHEESY CAULIFLOWER BREADSTICKS (WITH FIXATE MARINARA)

**SERVES:** 4 (2 breadsticks and 2 Tbsp. FIXATE Marinara each) **Prep Time:** 15 min. **Cooking Time:** 40 min.

**CONTAINER EQUIVALENTS** (per serving): 1 1 1½

<b>3 cups</b>	cauliflower florets
	Hot water
<b>¾ cup</b>	shredded, part-skim, low-moisture mozzarella cheese, <i>divided use</i>
<b>¼ cup + 1 Tbsp.</b>	grated Parmesan cheese, <i>divided use</i>
<b>2</b>	large eggs, lightly beaten
<b>½ tsp. + 1 pinch</b>	sea salt (or Himalayan salt), <i>divided use</i>
<b>1 Tbsp.</b>	ghee (organic grass-fed, if possible)
<b>1 clove</b>	garlic, finely chopped
<b>½ cup</b>	<b>FIXATE Marinara</b> ( <i>see separate recipe for <b>FIXATE Marinara</b></i> )

### Special Equipment:

Parchment paper

Nonstick cooking spray

Cheesecloth

1. Preheat oven to 400° F.
2. Line a 6 x 8-inch casserole dish with parchment paper. Lightly coat with spray.
3. Place cauliflower in food processor (or blender); pulse until it resembles rice, seven to ten 1-second pulses.
4. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place cauliflower in steamer basket; cook for 5 to 7 minutes, or until just tender. Transfer cauliflower to cheesecloth to cool. Squeeze dry. **Cook's Note:** If you do not have cheesecloth, use a heavy-duty paper towel to cool and squeeze dry the cauliflower "crumbs."
5. Combine cooled cauliflower, ½ cup mozzarella cheese, ¼ cup Parmesan cheese, eggs, and ½ tsp. salt in a medium mixing bowl; mix well.
6. Transfer cauliflower mixture to casserole dish; press down and out with fingertips, spreading until it forms one even layer that fills bottom of the dish.
7. Bake for 20 to 25 minutes, or until cauliflower has set in the center and browned around the edges.
8. While cauliflower is baking, heat ghee and garlic in small saucepan over medium heat for 2 to 3 minutes, or until garlic just begins to brown. Remove from heat; allow ghee to infuse.
9. Remove cauliflower from oven; brush with infused ghee and sprinkle with *remaining pinch* of salt, *remaining ¼ cup* mozzarella cheese, and *remaining 1 Tbsp.* Parmesan cheese.
10. Bake for 3 to 5 minutes, or until cheese is melted.
11. Allow to cool to room temperature. Remove from dish. Slice into eight 1 x 6-inch sticks.
12. Serve with FIXATE Marinara and enjoy!

**NUTRITIONAL INFORMATION** (per serving): Calories: 217 Total Fat: 14 g Saturated Fat: 7 g Cholesterol: 119 mg Sodium: 681 mg Carbohydrates: 10 g Fiber: 2 g Sugars: 5 g Protein: 13 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



## FIXATE MARINARA

**SERVES:** 14 (approx. ¼ cup each) **Prep Time:** 10 min. **Cooking Time:** 16 min.

**CONTAINER EQUIVALENTS** (per serving):  ½

**VEGAN CONTAINER EQUIVALENTS** (per serving):  ½


**1 (28 oz.) can** whole peeled tomatoes  
**4 tsp.** olive oil  
**¾ cup** chopped onion (approx. 1 medium)  
**4 cloves** garlic, finely chopped  
**¼ cup** dry white wine (like pinot grigio)  
**½ tsp.** sea salt (or Himalayan salt)  
**8** fresh basil leaves, finely chopped


1. Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat.
3. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
6. Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
7. Add basil; mix well. Cool to room temperature before serving. Set aside.


### RECIPE NOTE:

- For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 27 **Total Fat:** 1 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 152 mg **Carbohydrates:** 3 g **Fiber:** 1 g **Sugars:** 2 g **Protein:** 1 g

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