



# SAUSAGE CAULIFLOWER PECAN STUFFING

By Dr. Cindy Tanzar  
(Maintenance/Special Occasions)

A savory, hearty stuffing made with sausage, tender cauliflower, aromatic herbs, and crunchy pecans. Perfect for special occasions or as a flavorful side that's satisfying without overdoing it.

Makes 4-5 servings. Covers 4 ounces of protein, fat, and 1 cup cooked vegetables at your meal.



## INGREDIENTS

12-ounce roll of regular sausage or

### Turkey Breakfast Sausage

1-lb ground turkey (not the leanest)

2 Tbsp avocado oil, divided

1/2 tsp dried thyme

1 tsp ground sage

1/4 tsp garlic powder



3/4 tsp Pink Himalayan salt  
1/4 tsp ground black pepper  
1/8 tsp cayenne or red pepper flakes, optional

### **Stuffing**

1/2 cup onion, chopped  
1 cup celery, chopped  
1 cup mushrooms, chopped (optional)  
1 large head of cauliflower, chopped  
1/2 cup chicken broth  
1/2 tsp. poultry seasoning, to taste  
1/4-1/3 cup pecans or walnuts, chopped  
1/4 cup parsley, chopped  
Pink Himalayan salt & black pepper, to taste

## **DIRECTIONS**

### **Sausage**

Add all the ingredients together (using 1 tbsp oil) and mix well. Only use 3/4 of turkey mixture (refrigerate the rest to make sausage patties later).

### **Stuffing**

Heat a very large skillet or wide pan over medium- high heat, add 1 tbsp avocado oil and brown the turkey mixture (or roll of sausage), separating it into smaller pieces as it cooks.

Add celery, onions and mushrooms and cook for about 5 minutes or until softened. Add cauliflower and cook for about 8-10 minutes. You want it to brown, so don't stir too often.

Add chicken broth and poultry seasoning on medium heat and cook until liquid is gone, stirring occasionally.

Add pecans/walnuts and parsley and cook 2 minutes. Season with salt & pepper, to taste.