

Pizza Casserole

Yield: 8 Servings **Author:** Lauren

Prep time: 10 M Cook time: 30 M Total time: 40 M

Ground Turkey, pepperoni, mushrooms, onion, and pepper all layered together with pizza sauce, cheese and riced cauliflower for a delicious pizza casserole

INGREDIENTS:

- 1 lb Italian Seasoned Ground Turkey (99% fat free)
- 1 bag Turkey Pepperoni (about 3oz)
- 8 oz Fresh Mushrooms
- 1 Bell Pepper
- 1 Yellow Onion
- 2 10oz Bags Frozen Cauliflower Rice
- 1 7oz bag Part Skim Mozzarella Cheese
- 2 cups Low Point Pizza Sauce
- 1/2 cup Grated Parmesan Cheese (Reduced Fat)

INSTRUCTIONS:

1. Preheat the Oven to 400 Degrees
2. Place the cauliflower bags in the microwave and cook per package instructions
3. In a medium skillet, brown the ground turkey until cooked through. Meanwhile, wash and chop the onion, mushrooms, and pepper and set aside
4. Spray a casserole dish with non-stick spray, and spread 1 cup of the pizza sauce on the bottom of the dish
5. Spread 1 bag of the cooked cauliflower rice on top of the sauce
6. Add half of each veggie to the top of the cauliflower layer, add half the pepperoni and ground turkey
7. Top the first layer with half of the mozzarella cheese
8. Repeat the layers starting with the sauce and top the casserole with the Parmesan cheese
9. Bake, uncovered, for 30 minutes serve hot and enjoy!