

I DON'T LET GAMBLING LIMIT ME



I make sure to balance gambling with other things I like to do



Is gambling throwing your life out of balance?

Help is FREE and confidential at 1-877-MY-LIMIT (877-695-4648) or OPGR.org

# FOOD

## Baked Italian-Style Cauliflower

### Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 4 garlic cloves, minced
- 6 ounces lean ground sirloin
- 1/4 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon black pepper
- 1 1/2 cups lower-sodium marinara sauce (such as McCutcheon's)
- 2 ounces pitted kalamata olives, coarsely chopped
- 1 1/2 pounds cauliflower, cut into florets
- Cooking spray
- 1 ounce French bread baguette, torn into 1-inch pieces
- 1/4 cup (1 ounce) grated fresh pecorino Romano cheese

### Directions:

1. Heat a large skillet over medium-high heat. Add oil to pan; swirl. Add onion; sauté 4 minutes. Add garlic; sauté for 30 seconds, stirring constantly. Stir in beef. Sprinkle with salt and peppers, and sauté 3 minutes or until browned, stirring to crumble. Stir in sauce and olives.
2. Preheat broiler.
3. Steam cauliflower 4 minutes or until crisp-tender. Place cauliflower in an 11 x 7-inch broiler-safe baking dish coated with cooking spray; top with sauce mixture.
4. Place bread in a mini chopper; pulse until coarse crumbs form. Combine crumbs and cheese; sprinkle over cauliflower mixture. Broil 4 minutes or until browned.



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