



RECIPES



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RECIPES

LENT

Cauliflower Grilled Cheese and Tomato Soup

Yield: 4 Servings

Ingredients

- 6 cups cauliflower rice
- 3 large eggs
- 2 Tbsp grated Parmesan cheese
- ¼ tsp salt (optional)
- 12, 1-oz. reduced-fat cheddar cheese slices
- 4 packets Livea Classic Tomato Soup

Directions

1. Preheat oven to 425° F.
2. Spread the cauliflower on a baking sheet lined with parchment paper and bake for 30-minutes until golden brown. Remove from the oven and let cool.
3. Reduce heat to 400° F.
4. In a kitchen towel, squeeze the cauliflower to remove excess moisture. Mix the cauliflower, eggs, Parmesan, and salt together.
5. Scoop 1/3 cup of the cauliflower mixture onto a section of the parchment-lined sheet pan and shape into a bread slice, about ¼-inch thick. Repeat 7 times for a total of 8 “bread” slices. Bake at 400° F. for 8 minutes.
6. Remove from the oven, top one cauliflower “bread” slice with 3 slices of cheddar cheese, and then place another cauliflower slice on top Repeat 3 times for a total of 4 grilled cheese sandwiches.
7. Return the sheet pan to oven and cook until the cheese is melted.
8. Serve each sandwich alongside a bowl of the Livea Classic Tomato Soup (or your favorite Livea soup).



Per Serving: 3 Fresh + 1 Lean-0 + 1 Extra + 1 Livea Meal



RECIPES

LENT

Margherita Cauliflower Pizza

Yield: 4 Servings

Ingredients

Cauliflower Crust

- 5 cups riced cauliflower
- 3 large eggs
- $\frac{3}{4}$ tsp salt

Toppings

- 1 cup cherry tomatoes, quartered
- $\frac{1}{2}$ tsp salt
- 1 $\frac{1}{2}$ cups fresh basil, finely cut
- 3 cups shredded, reduced-fat mozzarella

Directions

1. Spread the cauliflower on a baking sheet lined with parchment paper and bake at 425° F. for 30 minutes until golden brown. Remove and allow to cool.
2. In a kitchen towel, squeeze the cauliflower to remove excess moisture. Mix together the cauliflower with the eggs and salt.
3. Spread the cauliflower mix onto the parchment paper and press into a 12-inch circle. Bake at 400° F. for 8 minutes.
4. While the crust bakes, prepare the toppings. Toss cherry tomatoes with salt and basil in a small bowl.
5. Remove the sheet pan from the oven and evenly spread the prepared toppings on top. Sprinkle the mozzarella cheese on top, and then bake pizza at 400° F. for about 10-12 minutes until golden brown.
6. Remove from the oven and cut the pizza into 8 equally sized pieces (2 slices per serving).

Per Serving: 3 Fresh + 1 Lean-0





RECIPES

LENT

One-Pan Lemon Garlic Salmon with Parmesan Asparagus

Yield: 4 Servings

Ingredients

- 1 ½ lbs. salmon, skin on
- Cooking spray
- 2 tsp lemon juice
- 2 tsp parsley flakes
- 3 cloves garlic, minced
- ¼ tsp salt
- 1 ½ lbs. asparagus, tough ends trimmed
- ½ cup grated Parmesan cheese



Directions

1. Preheat oven to 400° F.
2. Place salmon (skin side down) in the center of a foil-lined, lightly greased baking sheet. Lightly spray the top of the salmon with cooking spray.
3. Combine the lemon juice, parsley flakes, 2 cloves of minced garlic, and salt in a small bowl. With a basting brush, evenly coat the top of the salmon.
4. Arrange asparagus spears around the salmon and lightly spray with cooking spray.
5. Season the asparagus with the grated Parmesan and remaining clove of minced garlic.
6. Bake for 18-20 minutes, or until the salmon's internal temperature reaches 145° F.
7. Divide into 4 servings and enjoy!

Per Serving: 3 Fresh + 1 Lean-0 + 3 Extras