



Mushroom Riced Cauliflower Risotto

INGREDIENTS

1 head of cauliflower, cut into large florets OR 2 bags of store bought frozen riced cauliflower	1 TBS Butter or Olive Oil
8 oz Baby Bella Mushrooms, chopped	¼ cup Green onions/Scallions; chopped
1 small Shallot, finely chopped	½ cup chicken broth
1 large garlic clove, minced	¼ cup Parmesan cheese, grated
Ground black pepper, to taste	3 TBS Cilantro, finely chopped
3 tbsp parsley, finely chopped	

DIRECTIONS

Fresh Cauliflower: In a food processor, add cauliflower florets in 3-4 batches and process until “rice” forms. The key to proper coarse rice texture is not to overcrowd the bowl of food processor. Transfer to a medium bowl and set aside.

Frozen Riced Cauliflower: Do not thaw. Heat oven to 300 degrees. Line a baking sheet with parchment paper. Spread the two bags of frozen riced cauliflower evenly on the baking sheet so there are no lumps or bumps. Bake for 30 minutes to dry out the cauliflower.

COOKING: Preheat a large skillet on medium/high heat and add butter or oil. After heating, add minced garlic stirring around in pan for about 30 seconds until fragrant. Add onions and shallots. Cook until tender - about 5 minutes. Stir in mushrooms, cauliflower “rice”, broth, salt and pepper. Stir, cover and cook for 4 minutes. Turn off heat and fold in cheese and herbs; stir until cheese is melted. Serve warm. Makes approximately 6 servings; 70 calories each.