

Healthy Recipe of the Month: November 2020

Recipe from Delish

Best Ever Cauliflower Stuffing



Ingredients

4 tbsp. butter
1 onion, chopped
2 large carrots, peeled and chopped
2 celery stalks, chopped or thinly sliced
1 small head cauliflower, chopped
1 c. (8-oz.) package baby bella mushrooms, chopped
Kosher salt
Freshly ground black pepper
¼ cup freshly chopped parsley
2 tbsp. freshly chopped rosemary
1 tbsp. freshly chopped sage (or 1 tsp. ground sage)
½ c. low sodium vegetable or chicken broth

Servings- 6

Time- Total about 40 minutes

Preparation

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7-8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined. Pour over broth and cook until totally tender and liquid is absorbed, 10 minutes.

Nutrition (per serving): 90 calories, 6 g protein, 3 g carbohydrates, 1 g fiber, 2 g sugar, 6 g fat, 2 g saturated fat, 230 mg sodium